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Police: So far calls are down

'A lot of people are staying home and just don't know what to do,' one chief reports

By LOUISE WREGE
HP Staff Writer

Several law enforcement chiefs throughout Southwest Michigan said Tuesday that so far everything is going smoothly while people adjust to their lives being disrupted as state and federal officials try to slow down the spread of COVID-19.

In fact, Bridgman Police Chief Daniel Unruh said the number of calls his department has received is way down. In the past couple of days, he said they have only handled two complaints. On an average day, he said they receive five to 10 calls for service.

"It's a big change," he said. "A lot of people are staying home and just don't know what to do."

Baroda-Lake Township Police Chief Shawn Martin said he's had the same experience.

"The cooperation throughout Berrien County has been tremendous and wonderful," he said. "I noticed our call load has been down."

Martin said his officers are taking care of as many calls as possible over the phone. If they have to go out in person, he said they try to speak with the people outdoors to minimize the risk of contamination.

Berrien County Sheriff Paul Bailey said his team has been responding to calls just like normal. On Monday, a video of several people fighting at a Benton Township box store was circulating on Facebook, with some people speculating that they were fighting over cleaning supplies. However, Bailey said it was a domestic squabble.

"We haven't had any major issues," he said. "Most people are still going to work."

Some services his office provides have been temporarily stopped, such as fingerprinting people for employment or for a CPL (concealed pistol license).

"We will notify people when we start back up, again," he said.

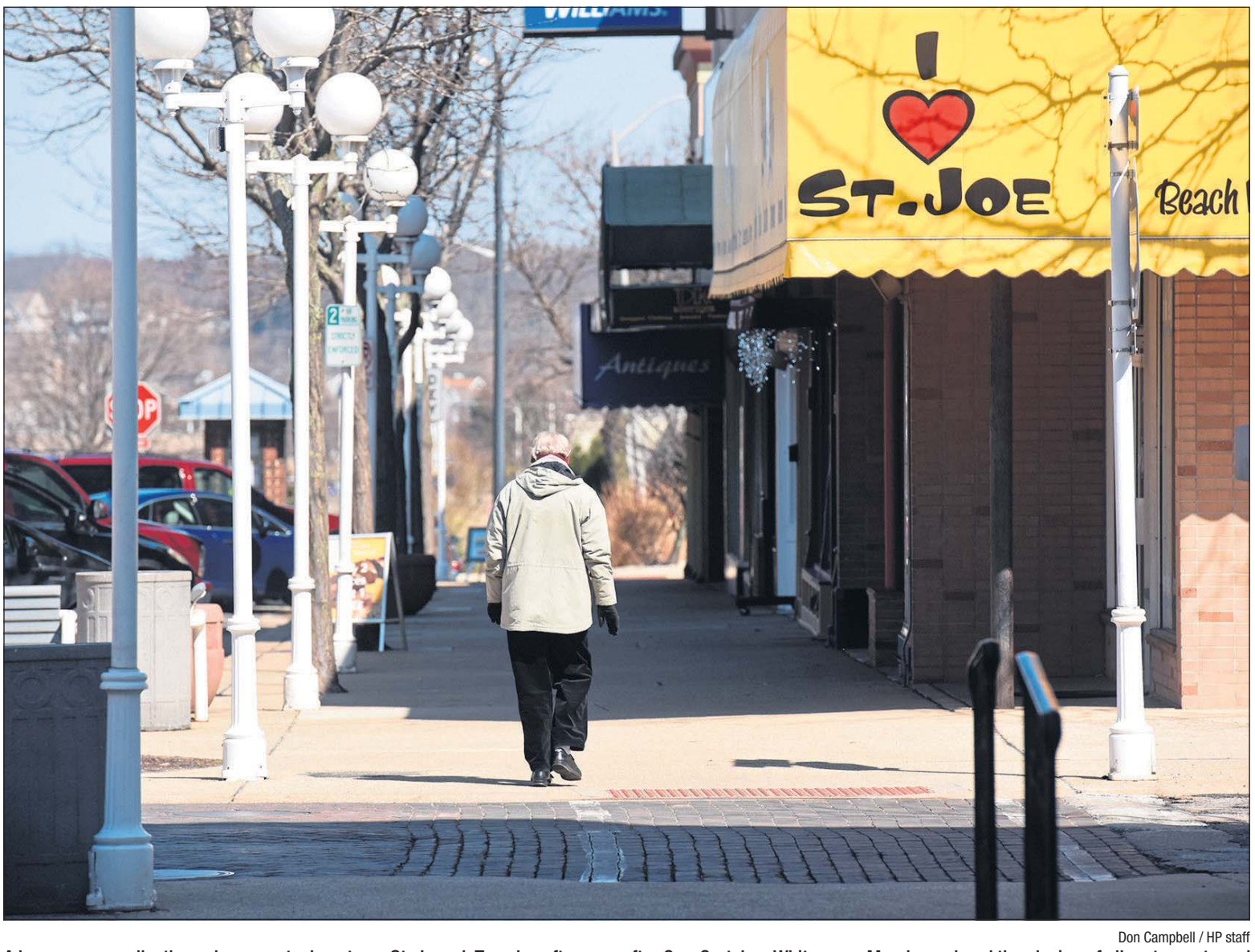
The Dowagiac Police Department posted on its Facebook page that because a lot of parents have to leave their children home alone so they can work, officers will conduct welfare checks on children within city limits, if requested.

"Please advise your children that a marked Dowagiac Police Department patrol vehicle and a uniformed officer will be conducting the checks," the post states.

To request a welfare check, email publicsafetydirector@dowagiac.org, send a direct message to the Dowagiac Police Department Facebook

See **POLICE**, page A2

SOCIAL DISTANCE



Don Campbell / HP staff

A lone person walks through an empty downtown St. Joseph Tuesday afternoon after Gov. Gretchen Whitmer on Monday ordered the closing of all restaurants and bars, limiting them to carry-out and delivery in an effort to reduce the spread of COVID-19.

Benton Township hoping to sell bonds for $9.5M

Funding would pay for sewer, water infrastructure projects

By TONY WITTKOWSKI
HP Staff Writer

BENTON TOWNSHIP — Benton Township is awaiting the sale of two bonds to help pay for several water and sewer system projects planned for 2020.

Trustees unanimously authorized the issuance of two bonds – one for water projects and another for sewer infrastructure projects – that would provide millions in funding.

By approving the sanitary sewer system bonding resolution, the township expects to create $5 million in funding. The water system bonding resolution would provide the township $4.5 million in funding.

Since trustees authorized the issuance of the bonds Tuesday, Steve Oosting of Prein & Newhof said the bonds are expected to be sold in April.

"The timing of that coincides nicely with the first of several construction projects," Oosting said. "You should be in position to award a construction contract and use the funds from these bonds for that first project."

Oosting said some of the water and sewer construction projects will occur simultaneously. However, the bonds were issued separately because the utility systems function separate from one another.

The township's choice to issue the bonds comes after trustees agreed to raise water and sewer rates in December.

Trustees voted for a one-time sewer rate increase of

See **BONDS**, page A2

May school elections could get pushed to August

By KATHLEEN GRAY
Detroit Free Press

Schools looking for voters to approve bonding proposals to complete building improvements and other projects may be able to move their May 5 elections to August to help prevent the spread of coronavirus.

Secretary of State Jocelyn Benson said Tuesday that moving the elections is something that should be looked at in light of the rapid spread of coronavirus in Michigan.

Another option would be a total vote-by-mail election.

"I want to ensure Michiganders maintain their democratic right to vote without putting their health or the health of our clerks and election workers at risk," Benson said. "All options are on the table, including conducting the election by mail."

Hundreds of jurisdictions are slated to participate in the May elections, which give residents the opportunity to vote on numerous local issues, including school district bonds and millages. Many of those districts are hoping to get proposals

See **ELECTIONS**, page A6

Schools ramp up food programs amid statewide closure

By TONY WITTKOWSKI
HP Staff Writer

Before school districts shuttered their doors this week, administrators were working with the state to provide breakfast and lunch options for students in the event of a prolonged closure.

As of Tuesday, food distribution sites were set up in the Benton Harbor, Bridgman, Coloma, Lakeshore, St. Joseph, South Haven and Watervliet communities in an effort to ensure there are no lapses in food security for students.

These meals, served under the program called the Unanticipated School Closure Summer Food Service Program, are available to all children at no cost. The food program helps children

See **FOOD**, page A2

Don Campbell / HP staff

Kitchen manager Sue Nemitz helps hand out free school breakfasts and lunches Tuesday at Lincoln Elementary School in St. Joseph during the statewide school shutdown.

The Newspaper for Southwest Michigan

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Tomorrow's Weather

High 57 Low 49

6 50645 49085 0

FOOD

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to not experience a lapse in food security, now that schools are closed at least through April 5.

According to the Michigan Department of Education, up to two meals per day may be served to all children ages 0-18. This includes students with disabilities ages 18-26, who are served by an active individual education program.

This program assists Michigan school districts and community partners to ensure kids receive nutritious meals during the school closure announced by Gov. Gretchen Whitmer on March 12.

St. Joseph schools are allowing students to pick up food at Lincoln Elementary School from 11:30 a.m. to 12:30 p.m. every day of the work week. Drivers are asked to approach from the south side of the building on Lincoln School Road.

Superintendent Thomas Bruce said the St. Joseph school district has a 31 percent free or reduced lunch ratio among students. Bruce said plans to implement the food program began last week.

"We weren't shut down yet, but we could see some of the writing on the wall," Bruce said. "Well, you know the education piece comes after you feed people."

The district set up one food distribution site at Lincoln Elementary because it was a central location. On Monday, Bruce said workers handed out 80 meals. However, he said the district was prepared to pass out 400 breakfast and lunch meals.

Since the program is being overseen by the state, Bruce said these meals are not just for St. Joseph families.

"We're almost a subcontractor. We're not allowed to ask if they are a free or reduced-lunch family," Bruce said. "We only ask, 'How many do you need?' We keep track and submit that to the state and they reimburse us."

Don Campbell / HP staff

Nemitz shows some of the contents of a free lunch, given out to students this week at Lincoln Elementary School in St. Joseph.

Bruce said the district has the capability to continue these daily food distribution sites through the end of the school year.

"I'm receiving emails from community leaders and teachers asking if they can help. Right now, we're collecting names and starting small," Bruce said. "Today we're looking at helping families who cannot get there on their own. It's a fluid situation. It feels like something is changing every four hours."

Making it work

For Benton Harbor Area Schools, breakfast is available from 8:30-10:30 a.m. and lunch from 11:30 a.m. to 1:30 p.m. at eight locations. Lunch is also available from 3-5 p.m. on the Boys & Girls Club Teen Center and Youth Campus.

Bridgman Public Schools will make breakfast and lunch available for pick-up from 5:30-6:30 p.m. on Sundays and Wednesdays at three locations.

For Coloma Community Schools, bus drivers are delivering food to students who normally ride the bus at their normal stops on Mondays and Thursdays. Students who drive or are dropped off to school may pick up their meals in the Coloma parking lot from 10 a.m. to 10:30 a.m. on Mondays and Thursdays.

Lakeshore Public Schools will have sack lunches and breakfast available at 11:30 a.m. across four locations.

In South Haven, breakfast and lunch are being delivered for all students at several locations starting Tuesday.

In the Watervliet region, breakfast is available from 8:30-9:15 a.m. and lunch from 12:30-1:15 p.m. across nine locations.

The Michigan Department of Education has created an online map for families to find locations where meals are being provided during this period of school closure. The map can be found at www.mcgi.state.mi.us/schoolnutrition, and will be updated twice each day during the closure period.

Contact: twittkowski@TheHP.com, 932-0358, Twitter: @Tony Wittkowski

LOTTERIES

Tuesday drawings

Michigan
Poker Lotto
AC-2D-3D-6H-7S
Midday Daily 3
7-6-9
Midday Daily 4
1-3-2-3
Daily 3
9-9-6
Daily 4
5-2-5-0
Fantasy 5
01-09-10-16-33
Keno
01-03-07-08-11-13-20-25-26-27-33-36-48-52-63-64-66-69-70-71-73-80
Mega Millions jackpot
$90 million
Powerball jackpot
$130 million

Monday drawings

Indiana
Cash 5
04-08-21-37-43
Cash4Life
10-22-34-50-55, Cash Ball: 2
Quick Draw Midday
03-12-20-21-26-27-35-36-45-47-48-51-52-54-56-57-62-64-70-73, BE: 12
Daily Three-Midday
3-6-6, SB: 1
Daily Three-Evening
3-5-7, SB: 0
Daily Four-Midday
0-4-3-4, SB: 1
Daily Four-Evening
4-3-5-6, SB: 0
Quick Draw Evening
06-12-13-19-24-33-36-37-43-50-53-56-57-59-62-67-68-70-71-72, BE: 50

Illinois
Lotto
07-22-26-31-37-39, Extra Shot: 11
Estimated jackpot
$5.5 million
LuckyDay Lotto Midday
12-20-22-31-41
Pick Three-Midday
0-7-7, Fireball: 4
Pick Three-Evening
3-2-2, Fireball: 2
Pick Four-Midday
8-7-3-7, Fireball: 3
Pick Four-Evening
7-2-0-8, Fireball: 8
Lucky Day Lotto
02-05-07-27-28

– The Associated Press

POLICE

From page A1

page or call 782-9743.

Benton Harbor Director of Public Safety Dan McGinnis said his department is operating normally. He asked parents to be accountable for their children while they are home on this extended break from school.

"Hopefully they are home ... and on their best behavior," he said.

McGinnis said that when people call for service, they need to let the officers know if there is someone who is sick at the residence so they can wear personal protective gear to the call.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

BONDS

From page A1

15 percent in 2020, plus a 4.5 percent increase each year from 2021 through 2029.

The sewer rate increase began Jan. 1 and the water rate increase started Jan. 15. The new rates are the culmination of three years worth of research and a water system reliability study that Prein & Newhof was hired to complete.

The study includes an analysis and set of recommendations the township can make over time in terms of capital improvements to keep the water system in good health.

Trustees also pledged their intention to apply for state revolving funds to help pay for water and sewer system projects for 2021 and beyond.

Coronavirus update

Benton Township Supervisor Cathy Yates announced there are several changes that will take effect this week in the midst of coronavirus pandemic.

Township Hall, the police, fire and water department will be closed to walk-in customers. Trash pickup will not be interrupted, but offices will be closed for walk-in customers.

The next board meeting is scheduled for 5:30 p.m. on April 7 at Benton Township Hall.

Contact: twittkowski@TheHP.com, 932-0358, Twitter: @Tony Wittkowski

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Berrien Health Dept. announces plan for operations during outbreak

Three Oaks clinic closes temporarily

By LOUISE WREGE
HP Staff Writer

Photos by Don Campbell / HP staff
Benton Harbor Mayor Marcus Muhammad talks about the response to the COVID-19 virus in Benton Harbor on Tuesday at Benton Harbor City Hall.

BENTON HARBOR — The Berrien County Health Department is still open and serving the public, but several programs and services have been altered to help slow the spread of COVID-19, Health Officer Nicki Britten said during a news conference Tuesday.

She said the health department clinics in Benton Harbor and Niles remain open, but only by appointment, with walk-ins no longer accepted. In addition, she said they are only open for immunizations, birth-control and STD testing and treatment. The Three Oaks office is closed until further notice.

"Call for an appointment," she said. "We're working to have those appointments spaced out. We've made modifications in our waiting room to ensure that we have very few people in there at a time and that there's space between them."

In another change, she said the department's home visits have become telephone visits where appropriate.

"We're remaining in contact with the people we're serving," she said. "However, we're minimizing that contact."

Benton Harbor water

Another program seeing changes is the health department's water filter distribution program for Benton Harbor. Starting in October 2018, Benton Harbor residents have been urged to reduce their exposure to lead in the city's drinking water after it exceeded the action level of lead in the water set by the state and federal government.

The health department has been providing free water filters and replacement cartridges to city residents ever since.

Britten said the health department will continue to do that, but in a modified way because some of the places where the supplies were distributed are now closed, such as the Benton Harbor Library.

She said people can pick up filters at the health department's office or have the supplies sent to them by mail.

For more information about water filters, she said people can call the hotline at 1-800-815-5485 option 2. She said option 1 is now for people who have questions about the coronavirus.

COVID-19

There have been no confirmed cases of COVID-19 in Berrien County, but "it's certainly coming," Berrien County Medical Director Dr. Frederick Johansen said at the news conference.

"As a 72 year old, I would like to say, please protect us seniors," he said. "... Take care of all the grandmas and grandpas and aunts and uncles that are out there, the elderly."

He said the mortality to children under 15 years of age is extremely low.

"Now kids can get it and be a vehicle to pass it ... but protect the elderly," he said.

He said older people with lung disease or who are smokers are especially vulnerable to dying if they get COVID-19. He said that's why very few people are allowed to visit anyone in a nursing home.

Plus, Johansen said the percentage of people being reported as dying from COVID-19 – around 4 percent – is probably way too high.

"Whenever a new epidemic happens, the case fatality rate always looks horrible because the only people being tested are the ones who are really, really sick," he said.

He said that in places like South Korea, where the most testing has been done, the percentage of people dying is 0.6 percent and dropping. He said that the fatality rate of people tested on cruise ships is also 0.6 percent.

Britten said the nearest cases to Southwest Michigan so far in the state are in the counties of Kent and Ottawa. But Berrien County borders Indiana, where there are confirmed cases in the counties of St. Joseph and La Porte.

Nicki Britten, health officer for the Berrien County Health Department, talks about the current status of the COVID-19 virus in Berrien County, Tuesday during a news conference at Benton Harbor City Hall.

"So while the virus has not been confirmed to be detected here in Berrien County, we do know that it is within our region," she said.

Testing is ramping up as private companies and hospitals start conducting their own tests.

"As we do more testing, we will find more cases," she said. "We can expect that is going to happen. It doesn't necessarily have to be a very alarming thing as we start to have those cases, but it is something that is being monitored."

She said there is a link to all of the governor's executive orders on the health department's website.

Britten said the health department is in touch with almost 250 community partners on a near-daily basis to give them updates, provide technical assistance and to make sure the most vulnerable population – the elderly – are being cared for.

In addition:

- All hearing and vision pre-school screenings are canceled through the end of April;
- Unless otherwise noted, all community coalition meetings, events, classes, and other community gatherings are canceled until further notice.

More information can be found at the Berrien County Health Department website at www.bchdmi.org or by following BCHD on social media.

Also speaking at the press conference were Benton Harbor Area Schools Superintendent Andrae Townsel and U.S. Rep. Fred Upton, R-St. Jospeph.

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Closures continue to pile up in SW Mich.

By TONY WITTKOWSKI
HP Staff Writer

Within the first week of widespread school closures and restrictions on businesses, the COVID-19 pandemic continues to spur closures in Southwest Michigan.

The St. Joseph Pubic Library announced it would remain closed through April 5. Following a staff meeting Tuesday, the decision was made per recommendations from the Michigan Library Association.

"This was a hard decision as we love our community and always love seeing you all in the library," the statement read. "However, we need to do this in the interest of keeping our at-risk populations, staff, and you, our community members, safe and healthy."

The Curious Kids' Museum and the Curious Kids' Discovery Zone are both closing until April 13.

"While we have not had any issues at either location, safety and providing a healthy environment have been our No. 1 goal for over 30 years," a news release stated. "We will be closely monitoring the situation."

Museum memberships will have their expiration date extended to account for the time that both locations are closed.

On Tuesday, officials from the Soup Kitchen in Benton Harbor said they will continue to serve food every day, with modifications. Merry Stover, executive director of the Soup Kitchen, said they had to close the dining room area and are now giving guests sack lunches to take home.

"Our serving groups are making up the lunches, as usual," Stover told The Herald-Palladium in an email. "Some are coming into the kitchen to do that – some not. We are already seeing our guest numbers go up a little. I expect that trend to continue, withs schools out and people being laid off.

Dollar General is implementing plans to help elderly customers get valuable supplies needed during the coronavirus outbreak.

The retail chain is dedicating the first hour of each shopping day to senior shoppers, as well as closing one hour earlier than current close times to allow employees to clean and re-stock store shelves.

The new senior shopping hour policy is effective as of Tuesday. The Centers for Disease Control and Prevention has said that senior citizens are among the most vulnerable to the COVID-19 coronavirus.

Dollar General is implementing the policy to provide at-risk customers with the ability to purchase the items they need and want at the beginning of the day to avoid busier and more crowded shopping periods.

Among the locations taking part in the shopping policy includes Baroda, Benton Harbor, Berrien Springs, Bridgman, St. Joseph and Stevensville.

Public services

Van Buren County Courts are now closed to the public through April 5. Pending further updates, normal court operations are expected resume at 8:30 a.m. on April 6.

While the county's buildings will be closed, the court will be available to address matters as described in Van Buren County's emergency operations plan, which can be found at www.vbco.org/courts.asp.

All Michigan Works Berrien, Cass, Van Buren locations are open for appointments only.

The Benton Harbor, Dowagiac and Paw Paw service centers remain open, but as of today, they will be limiting the number of visitors to the offices at any given time.

To schedule an appointment with Michigan Works, visit www.miworks.org or call 269-927-1799.

Until further notice, Michigan Works service center workshops, job fairs and large group activities are postponed.

Many elected school boards and city commissions are also limiting public meetings, such as Berrien Springs schools, which noted Tuesday that its March 26 school board has been canceled.

Anyone planning to attend any upcoming event of that nature should check first on the status of the meeting.

Contact: twittkowski@TheHP.com, 932-0358, Twitter: @Tony Wittkowski

BARODA

Baby-at-work issue may go to the voters

By WILLIAM F. AST III
HP Correspondent

BARODA — Voters in this August's election should decide whether it's OK for Clerk Christina Price to bring her baby to work, the Baroda Township Board determined on Monday.

The board had received an anonymous letter complaining about the baby being in the office. Trustee David Wolf has said some residents have also approached him to complain.

Treasurer Brenda Troxell was having none of it.

"Personally, I think it's a non-issue," Troxell said. Anonymous letters should be ignored, and those who complained to Wolf haven't shown up at meetings or at the office, she added.

And while some may be put off by the baby, others are charmed, Troxell said, adding, "I've had people come to the office and say, 'Oh, where's the baby?'"

But the big factor is that Price all along had made it clear to the board that she might have to bring her children to work, Troxell continued.

Troxell said when Price found out she was pregnant with her second child, she asked whether anyone had a problem with her bringing the children to work, and no one spoke up.

"To me, the point is moot," Troxell said. "… Are we done with this topic?"

"Let this go until August and let the voters speak," Trustee Dennis Krotzer said.

Also Monday, the board said it's OK for the township's trash hauler to change pick-up days from Thursdays to Fridays.

Chris Burk, operations manager of Michiana Recycling & Disposal, said the move would help the company achieve better efficiency. "It's just a day's difference between the two, and it would help us a lot," he told the board.

There will be no increase in prices, Burk said.

In other matters, the board agreed to hire Jim Furkis as a hearing officer for condemned properties.

Furkis, who said he's a licensed architect, said the hearing officer meets with owners of those properties and determines whether they can be fixed or should be demolished. He's also hearing officer for Berrien Township, he added

The board agreed to hire Furkis, who will be paid $75 per hearing.

The board voted unanimously to approve a budget and salaries for the 2020-21 fiscal year, which starts April 1.

General fund revenues for 2020-21 are pegged at $325,415, as compared to $314,197 this year. Expenditures were $313,760 this year, and will be $320,310 in 2020-21.

The board also set the following salaries for 2020-21: supervisor, $16,500; clerk, $30,000; treasurer, $16,500; trustees, $7,200 a year plus $40 per meeting; and assessor, $16,170 a year plus 80 percent of lot split fees.

The board also re-named Larry Klug as fire chief. Trustee David Wolf said Klug's retirement "is imminent," but the board was required to name a chief at its March meeting.

Klug is slated to be replaced by Deputy Fire Chief Doug deBest.

Man, 82, charged with murder; family took car keys from him

CHARLEVOIX (AP) — An 82-year-old northern Michigan man who was told he couldn't drive has been charged in the fatal shooting of his daughter, authorities said Monday.

The man's 77-year-old wife was also shot Sunday and survived at their home in Charlevoix County's Bay Township.

The man, whose name wasn't released, was charged with murder and attempted murder. His wife told police that he's in the early stages of dementia and was upset that car keys had been taken away.

"We do not have enough information on this individual's mental health condition and history to draw any conclusions at this time," prosecutor Allen Telgenhof said. "Based upon the information and resources available to us, the charges that were filed are the best way to proceed at this time. He and the public are safe at this time."

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Campaign 2020: Please … make it stop

Ron Weber
Opinion Maker

Well, here we are into March of another election year. Is it just me, or does it seem like politicians running for office is never ending? We used to get a year off between the presidential election cycle and the off-year elections, but now it's never ending. As the founder, president and CEO of the Confederacy United Against Balderdash and BS, I feel it's appropriate to weigh in with some random observations on the vacuous flatulence that passes for meaningful political discourse in our culture.

Now, I know we wouldn't wish ill-health or discomfort on anyone, but don't you feel just a tad gleeful when a politician gets a case of laryngitis? It's so much harder to speak out of both sides of their mouth when that happens. Some might call it poetic justice. There is a benefit, though, to being a defeated candidate. You don't have to try and justify why you didn't keep your campaign promises.

Members of each of the political parties have claimed at some time or another that, if they're elected, by golly they're going to "clean house." I might be wrong, but haven't they usually hired illegal aliens to do that?

We still cherish the belief that, in a democracy, anyone can grow up to be president. And anyone who doesn't grow up can be a prime candidate for vice president. After the embarrassing meltdown of the last Democratic debate in February, and the petulant tweets from the president, I'm left convinced that, if life were fair, the bunch of them would be making a living asking, "Do you want fries with that?" Pete Buttigieg, our neighbor down the road in South Bend, actually looks like he could easily be doing that now on the weekends.

It was only a few months ago that we wrapped up another holiday season and we had to put up with periodic arguments about whether or not a nativity scene should be displayed in Washington, D.C. I just have to shake my head. Come on, folks, do you seriously think you can find three wise men and a virgin inside the D.C. Beltway?

Ever notice how sometimes the political class is successful at personifying elements of the English language. Take the term redundancy, for example. My mind can't help but define it as Donald Trump riding in a car with airbags. Then there's Michael Bloomberg, who has all the charisma of a speed bump. Good ole Joe Biden has been trying for years to extract both of his feet from his mouth in order that there might at least be a chance he could be understood.

And poor Elizabeth Warren. No matter how much I watched her or how hard she tried, she couldn't electrify a fish tank if she threw a toaster in it. Oh, and Bernie Sanders? He obviously never learned one of the cardinal rules of life: It's better to remain silent and thought a fool than to speak up and remove all doubt.

The conservative vs liberal dichotomy has dominated the battles over politics and public policy. They each seem to justify whatever disingenuous positions and efforts are necessary to leverage control of government. Conservatives want more control over our private lives and behavior while liberals want to dictate what must be accepted and tolerated in our public behavior.

What I have seen of conservatives and liberals has led me to the following analogy: not for all of them, mind you, just too many of them. A conservative sees a person drowning 55 feet from shore, throws him 25 feet of rope and tells him to start swimming. A liberal will throw him 50 feet of rope, then drop his end, saying he has to go off to do another good deed.

It strikes me that, although Donald Trump and Bernie Sanders couldn't be farther apart politically, they are kindred spirits in representing what it is to be an artful demagogue. That is to say, a man who can rock the boat himself and persuade everyone else that there's a terrible storm at sea.

The 2020 campaign will march on to its inevitable conclusion. Liberal or conservative, they will both move on as they continue to share one thing in common: They are better at inventing reforms than they are at ensuring that they are well and honestly administered.

Ah, democracy. You gotta love it. It's a device that ensures we shall be governed no better than we deserve. H.L. Mencken called it the art and science of running the circus from the monkey cage.

Ron Weber is a multi-award winning poet and writer who lives in Stevensville.

ANOTHER OPINION

CDC testing failure is a national outrage

The Centers for Disease Control's stunning failure to provide the coronavirus testing kits needed to control the spread of the outbreak is a national outrage.

The incompetence threatens Americans' health and the nation's economy. It's imperative that the CDC make mass production of test kits its top priority. The CDC must also give clear direction on how we can best deal with this national emergency.

Bay Area officials, including San Jose Mayor Sam Liccardo, have been begging for additional testing kits for weeks. Their fear is that the delays may result in it being too late to contain the looming health disaster.

South Korea is testing 20,000 people every day, thanks to a biotech firm that anticipated the threat in January. South Korea is providing free tests for anyone a doctor deems necessary at more than 100 facilities across the nation. The result is that South Korea is now seeing more recoveries than new cases.

Contrast that with the state of California, which has only 10 million fewer people than South Korea. Gov. Gavin Newsom said Thursday that the state has been provided with 8,227 testing kits from the CDC. But some of those kits did not contain all the chemicals needed to administer them to Californians – a glaring failure given that it's been nearly two months since the coronavirus outbreak began in China.

Newsom compared it to "going to the store and purchasing a printer, but forgetting to purchase the ink. You need multiple components."

All told, as of Friday, California had conducted a total of only 1,573 tests at its 18 state test labs.

The problem stems from the CDC's botched first effort to mass produce test kits, followed by delays in sending promised replacement kits for several weeks.

"The incompetence has really exceeded what anyone would expect with the CDC," Dr. Michael Mina, an epidemiologist at Harvard University, told the New York Times. "This is not a difficult problem to solve in the world of viruses."

Testing is crucial to slowing the spread of the disease because it allows those who are infected to be quarantined. Health officials can then trace who they may have been in contact with and test and possibly quarantine those people.

It's essential that Congress investigate what went wrong and take steps to prevent it from happening during the next inevitable infectious disease threat. But that's for another day. The focus now must be on taking steps to minimize further spread of coronavirus and its impact on people and the economy.

California and other states are turning to major hospitals and private labs for additional help. It's possible that more testing sites could be up and running this week. President Trump's declaration of a national emergency last week could also eliminate red tape and speed the testing process.

Once upon a time, the United States was the global leader in fighting infectious diseases and serving as the provider for testing kits to the world. Those days are long gone. The CDC must act to make up for its incompetence and take whatever steps necessary to protect Americans against current and future outbreaks.

– The Mercury News (San Jose, Calif.)

Biden did what he had to do

By JONATHAN BERNSTEIN

In what's likely to be his final nomination debate, former Vice President Joe Biden started strong and ended strong when he talked about the coronavirus pandemic. And he did well enough in the rest of the two-hour event Sunday night with Vermont Sen. Bernie Sanders.

Biden had given a solid speech on Thursday laying out a plan for how the government should be responding to the spread of COVID-19, the illness caused by the coronavirus – for example, he's urging use of the military to rapidly increase medical capacity – and he seemed ready to implement that plan when he talked about it in the opening segments of the debate. It wasn't just the specifics. His process-based answers, which often compared what the Barack Obama administration had done during emergencies with what President Donald Trump has been doing, may not have been particularly exciting to listen to, but the truth is that it's more important for a president to understand how to get things done quickly when necessary than to have ready a specific plan for a current crisis, given that future situations aren't easy to predict. (1) The contrast between Biden and Sanders, who reads every situation as an endorsement for his broad policy preferences, played well for Biden. More importantly, the contrast between both candidates and their thoughtful, coherent and reality-based discussion of the pandemic with the incoherent misinformation from Trump couldn't have been stronger.

Not to mention that Biden (and Sanders) were able to show compassion and understanding for people going through tough times, which Trump has shown himself to be incapable of doing.

The rest of the debate was a lot less impressive for Biden, although I agree with those who suspect that all anyone will take away from it is his pledge to name a woman as his running mate. Biden and Sanders spent most of the 85 or so minutes between opening and closing coronavirus segments arguing about long-forgotten positions they took and votes they cast on Social Security, gun control, the Soviet Union and more. Biden inexplicably allowed Sanders to drag him through all this ancient history, much of it sure to be incomprehensible to many voters who had tuned in, instead of simply ignoring the Vermont senator and using his time to lay out his case against Trump.(2)

But most of it won't matter much. Realistically the competitive portion of this nomination fight ended on Super Tuesday back on March 3, with those results confirmed on March 10. Debates can matter in the short run during the primaries and caucuses, but they're much less important in the general election – let alone a primary debate months before November. Biden's reasonably good performance Sunday night won't prevent Trump's campaign from claiming that he's in cognitive decline, a disgusting smear that was just as untrue before the latest debate as it is afterward. Nor will candidate debates determine the effect of the pandemic on the election. Events, both in hospitals and in the economy, will matter far more than political spin.

Nomination debates are important because they're part of how political parties use the nomination process to define themselves. That's happened in this contest, as is clear both from Biden's victory and from the way he is adopting some of the popular policy ideas advocated by the losers, notably Sanders and Sen. Elizabeth Warren of Massachusetts. (Mike Bloomberg, the founder and majority owner of Bloomberg LP, also sought the Democratic presidential nomination and has endorsed Biden.)

Nomination debates are also important early in the process because they're a convenient way for party actors to see the candidates, including the lesser-known ones, in action, and because media coverage of the debates once the primaries and caucuses begin can give candidates a boost. Now that the nomination has been settled but for the shouting – oy, so much shouting from these two candidates – there's really not much point. Sanders had earned Sunday's event, a one-on-one with Biden, but unless there's some massive surprise on Tuesday, there's really no reason for any more debates.

(1) This shouldn't read as a knock on former candidate Elizabeth Warren and her many plans – Warren also has demonstrated the ability to make things happen in both Congress and within the executive branch.

(2) I'm curious about whether Biden's debate-prep team had planned for him to go toe-to-toe with Sanders over a bunch of stale issues, or if it was a candidate failure to follow his advisers' advice. Given that Biden was clearly ready for some of it, I suspect the former, but it wasn't entirely clear.

Jonathan Bernstein is a Bloomberg Opinion columnist covering politics and policy.

Justice finally comes for Weinstein

Leonard Pitts

He said, she said.

Then Justice James Burke said: "Although this is a first conviction, it is not a first offense. There is evidence before me of other incidents of sexual assault involving a number of women, all of which are legitimate considerations for sentence." And he gave 67-year-old movie producer Harvey Weinstein 23 years for raping one woman and forcing oral sex upon another.

He said, she said.

Weinstein said in last week's sentencing hearing that he is "worried about this country." He said there are "thousands of men and women who are losing due process" once accused of sex crimes. He said, "I think men are confused about these issues." Of course, after the hearing, many of us were no longer listening to what he said. They were too busy celebrating the arrival of justice overdue.

Like actress Rose McGowan. She said: "Today is a powerful day and a huge step forward in our collective healing."

Like "Top Chef" host Padma Lakshmi. She said: "Weinstein terrorized and attacked women for decades. Now he will sit in a prison cell where he belongs."

Like Melissa Silverstein, founder of the advocacy group Women in Hollywood. She said: "This is a day many people never thought would arrive. And this is because the women stood up and said no more."

He said, they said.

And can you blame them for cheering? After California rapist Brock Turner got only six months because the judge said a harsher sentence "would have a severe impact on him," after a New Jersey judge said a 16-year-old accused rapist deserved leniency because he "comes from a good family," we get this reminder that occasionally, there is still justice here.

That said, we shouldn't have to celebrate. Justice should be something we simply expect. Sadly, it isn't – especially when women are assaulted by men.

As Justice Burke alluded to, though Weinstein was convicted of only two crimes, he is alleged to have groped, harassed and assaulted at least 90 women. Apparently this was an open secret. Yet it was allowed to continue. You wish that was surprising, but it isn't.

Rape is arguably the only violent crime we are more likely to sweep under the rug than penalize. Victims often fail to report it, police to investigate it, courts to punish it. Even the court of public opinion wants nothing to do with it. "He said, she said," we sniff – as if to reduce an act of violation to the level of a fender bender.

So yes, let's celebrate justice. But let us also note how long it took justice to get here, how much trauma, pain and humiliation were required to get anyone to pay more than cursory attention. Ninety women? That's not he said, she said.

No, that's he said, she said, she said, she

BERRIEN COUNTY TRIAL COURT

Sentences

St. Joseph

Drugs

Leanna M. Pagels, 25, of Dick Street, Niles, 90 days in jail, credit for 43 days served, and $198 in costs for attempted absconding on bond Oct. 11, 2019, in St. Joseph; and a concurrent term of 150 days, credit for 65 days served, $198 in costs and driver's license suspended for 1 year for possession of a controlled substance, methamphetamine, July 7, 2019, in Benton Township.

Andrew M. Dura, 46, of North Benton Center Road, Benton Harbor, 55 days, credit 55, $198 costs for operating while intoxicated third offense Oct. 3, 2019, in Sodus Township; and a concurrent term of 118 days, credit for 118 days served, $2,338 in fines and costs and 18 months probation for possession of a controlled substance, methamphetamine, Aug. 7, 2019, in Benton Township.

Toma S. Turner, 27, of Pearl Street, Benton Harbor, 10 days in prison and $198 in costs for possession of narcotics, less than 25 grams cocaine, second offense; and 2 consecutive terms of 2-10 years for carrying a concealed weapon and possession of a firearm by a felon Jan. 15 in Benton Township; and a concurrent term of 2-8 years in prison and $198 in costs for assault with a dangerous weapon, a pistol, Dec. 5, 2019, in Benton Township. Turner was sentenced as a three-time habitual offender.

Savanna A. Williams, 26, of Ponchatrain Drive, New Buffalo, 60 days in jail, credit for 43 days served, $1,938 in fines and costs, 18 months probation and completion of the Kalamazoo Probation Enhancement Program for possession of narcotics, less than 25 grams cocaine March 19, 2019, in Michiana Village.

Fleeing/resisting police

Jacqueline M. Collis, 34, of LaSalle Avenue, St. Joseph, 90 days in jail, credit for 68 days served, $1,238 in fines and costs and 2 years probation for assaulting/resisting and obstructing St. Joseph Department of Public Safety Officer Daniel Hetrick Oct. 24, 2019, in St. Joseph.

Cory J. Weaver, 41, of Garfield, Coloma, four concurrent terms of 180 days in jail, credit for 16 days served, and $198 in costs for four counts of assaulting/resisting and obstructing police Jan. 16 in Coloma Township.

Fraud/theft/ home invasion

Carinna Tisdel, 51, of Heath Court, Benton Harbor, 270 days in jail, credit for 48 days served, $198 in costs and $155 in restitution for first-degree retail fraud Jan. 15 in Benton Township.

Jimmy L. Dyer, 46 of East Britain Avenue, Benton Harbor, 180 days in jail, credit for 4 days served, and $717 in restitution for stealing/ retaining without consent a financial transaction device; Sept. 14, 2019, in Benton Harbor; and a concurrent term of 30 days for contempt of court.

Heather L. Quinn, 32, of Jerrdean Drive, Hartford, 1 day in jail, credit for 1 day served, $2,048 in fines and costs, 9 months probation and 40 hours community service for attempted second-degree home invasion Nov. 17, 2005, in Watervliet Township.

Other

Stephen Trevino, 25, of Buss Avenue, Benton Harbor, 48 days in jail, credit for 48 days served, $1,998 in fines and costs, $1,050 in restitution and 2 years probation for malicious destruction of a building valued between $1,000 and $20,000, a jail cell, Jan. 2 in St. Joseph.

Jordan D. Jackson, 23, Brunson Avenue, Benton Harbor, 43 days in jail, credit for 43 days served, $1,238 in fines and costs, forfeiture of a pistol, 18 months probation and license suspended 1 year, restricted after 60 days, for carrying a concealed weapon in an automobile Jan. 21 in Benton Harbor.

Larry L. McCauley Jr., 46, of Columbus Street, Benton Harbor, 3-10 years in prison and $198 in costs for criminal sexual conduct, an assault on a woman, Jan. 15 in Benton Township.

Kacee M. Burgess, 27, of M-140, Watervliet, 2 days in jail, credit for 2 days served, and $16.43 in restitution for false pretenses less than $200 Dec. 3, 2019, in Watervliet Township.

Niles

Drugs

Sarah E. McGraw, 29, of Long Lake Road, Berrien Springs, 6 days in jail, credit for 6 days served, $738 in fines and costs, 60 days on tether, 2 years probation and driver's license suspended for 180 days, restricted after 30 days, for use of a controlled substance, methamphetamine, Aug. 29, 2019, in Niles Township.

Patrick S. Kuhn, 33, of South bend, 64 days, credit for 64 days served, $898 in fines and costs, 2 years probation, and driver's license suspended for 1 year for use of a controlled substance, meth, second offense, Dec. 30, 2019, in Niles.

Fleeing/resisting police

Michael C. Jasper, 56, of Sycamore Street, Niles, 2-15 years in prison, credit for 186 days, and $198 in costs for assaulting/resisting and obstructing police Aug. 23, 2019, in Niles.

Fraud

Anthony Watkins, 67, of South Bend, 14 months to 5 years in prison, credit for 80 days served, $198 in costs and $1,518 in restitution for first-degree retail fraud Aug. 27, 2019, at Shelton's Farm Market in Niles Township.

Other

Edward C. Soyk, 27, of Huntly Road, Niles, 180 days in jail, credit for 57 days served and $198 in costs for unlawful driving away of a motor vehicle June 30, 2019, in Niles.

Robert A. Davis, 57, of Meadow Lane, Berrien Springs, 180 days in jail, credit for 57 days served, $1,258 in fines and costs, 5 years probation and completion of the Kalamazoo Probation Enhancement Program for fourth-degree criminal sexual conduct, assaulting a child between the ages of 13 and 16 between Aug. 1, 2012, and Nov. 30, 2012, in Berrien Springs.

Getting it straight

The Herald-Palladium makes every effort to ensure accuracy in its stories.

If you think there is an error, please contact the editor of the page on which it occurred. If you are unsure of whom to contact, call Local News Editor Dale Brewer at 429-3797.

A story on A3 in Tuesday's paper incorrectly stated that the St. Joseph city manager, city attorney and a city commissioner had flu-like symptoms, and could not attend Monday's commission meeting. Instead, they were absent from the meeting as a precaution due to recent travel or contact with other potential COVID-19 patients. We regret the error.

OBITUARIES

Frank P. Gargano

Nov. 14, 1927 – March 17, 2020

Frank P. Gargano, 92, of Watervliet passed away Tuesday, March 17, 2020, at Hanson Hospice Center in Stevensville.

For the safety of everyone involved, there will be an opportunity for friends to briefly greet the family at Duffield & Pastrick Family Funeral Home in Coloma from 11 a.m.-1 p.m. Friday, March 20, followed by private services for family only at 1 p.m. Burial with military honors will be in North Shore Memory Gardens. Donations in memory of Frank may be made to the Alzheimer's Association – Michigan Great Lakes Chapter and Caring Circle Hospice. Those wishing to leave an online message of comfort for the family may do so at www.duffieldpastrick.com.

Frank was born Nov. 14, 1927, in Covert, to Charles and Anna (Phillip) Gargano. He was a U.S. Army veteran, serving during the Korean War. From 1972 to 1989, he, along with his wife Betty, owned and operated Gargano Custom Carpets in Watervliet. He was a member of St. Joseph Catholic Church in Watervliet and also a member of the Watervliet Lions Club.

He is survived by five children: Gary Gargano of Watervliet, Frank (Becky) Gargano of Benton Harbor, Dave (Lisa) Gargano of Coloma, Tom (Linda) Gargano of Watervliet and Tammy (Tim) Conrad of St. Joseph. Also surviving are nine grandchildren: Michael, Stacy, Jessica, Mark, Jeff, Chad, Cheyenne, Hailey and Adam; 10 great-grandchildren; and one great-great-grandchild.

Frank was preceded in death by his wife, Betty, in 2011, whom he married Nov. 29, 1952; brothers, Joe, Phil and Charles; and sisters, Pauline, Christine and Gracie.

Maebell Powell

July 9, 1936 – March 11, 2020

Mother Maebell Powell, 83, of Benton Harbor went home to be with the Lord on Wednesday, March 11, 2020. A celebration of life service will be held on Friday, March 20, at Reed Temple C.O.G.I.C., Benton Harbor. The visitation begins at 11 a.m., followed by the service at noon. Those wishing to sign the guest book online may do so at www.robbinsbrothersfh.com.

Mother Maebell was born July 9, 1936, in Memphis, Tenn., to the late Oscar Jackson Sr. and Gertrude Lily Moore, was the wife of the late Minister Albert Powell Sr. for 58 years and the mother of eight children. Mother Powell worked several years domestically and as a press operator at Betty's Cleaners, Benton Harbor.

She loved God, family and the church. In the early 1970s, Mother Powell, along with her late husband, joined McCoy Temple C.O.G.I.C., and later joined the Reed Temple C.O.G.I.C., where she served faithfully as Church Mother from 1974-1998 with a continued faithfulness until her health failed.

Mother Powell leaves to cherish her memory, her children: James Jackson (Leah) and Brenda Powell, all of Benton Harbor, Kelvin Powell of Stevensville, Melvin Powell of Miami, Albert Powell Jr. of Benton Harbor, Jane Williams of Romulus, Mich., and Carol McTear of Ferndale, Mich.; 22 grandchildren; 51 great-grandchildren; and a host of nieces, nephews and church family.

Mother Powell was preceded in death by her husband, Albert Powell; daughter, Josephine Edwards; brothers, Coris Cooper Jr., Oscar Jackson Jr. and Eugene Cooper Sr.; and sisters, Artis Marie Kimble and Ruthie Mae Watson.

Arden Pridgeon

April 5, 1924 – March 16, 2020

Arden Pridgeon, 95, of St Joseph, passed away peacefully at his home on March 16, 2020.

Due to current circumstances, there will be a private burial. A Celebration of Life and Memorial Mass in honor of his many accomplishments and lives he touched will be held at a later date. Arrangements are by Starks & Menchinger Chapel. Those wishing to sign Arden's memory book online may do so at www.starks-menchinger.com.

Death notices

Anna Eberhard, 88, of Jackson, Mich., died March 16, 2020, at home. Brown Funeral Home and Cremation Services, Niles, 683-1155.

Frank P. Gargano, 92, of Watervliet died March 17, 2020, at Hanson Hospice Center, Stevensville. Duffield & Pastrick Family Funeral Homes and Cremation Services, Coloma, 468-6000.

Laurence Raymond Hanks Jr., 78, of Niles died March 12, 2020, at home. Purely Cremations – Starks Family Funeral Homes and Cremation Services, Benton Harbor, 926-9440.

Johnnie L. Johnson Sr., 62, of Sodus died March 10, 2020, at Spectrum Health Blodgett, Grand Rapids, Mich. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Patricia Richards, 81, of Niles died March 17, 2020, at home. Brown Funeral Home and Cremation Services, Niles, 683-1155.

Carol Diana Vincek, 82, of Stevensville died March 16, 2020, at Caretel Inns of Lakeland, St. Joseph. Starks & Menchinger Chapel and Cremation Services, St. Joseph, 556-9450.

Mary 'Pat' Kurtz

Feb. 6, 1933 – March 14, 2020

Mary "Pat" Kurtz, 87, of St. Joseph passed away, Saturday, March 14, 2020, at Lakeland Medical Center, St. Joseph.

A Celebration of Life Service will be held at 6 p.m. Friday, March 20, at Starks & Menchinger Chapel, 2650 Niles Road, St. Joseph. Friends may visit with the family from 4-6 p.m. Friday at the funeral home. Private burial will take place in Spring Run Cemetery in Scottdale. Memorial donations in Pat's name may be made to PACE of Southwest Michigan or Sarett Nature Center. Those wishing to sign Pat's memory book online may do so at www.starks-menchinger.com.

Pat was born Feb. 6, 1933, in Exeter, N.H., to Donald and Mary (Heilig) Leonard. She graduated from Robinson Female Seminary in 1950, and earned a bachelor's degree from the University of New Hampshire in 1954. On Aug. 11, 1956, she married Warren Kurtz in St. Joseph. Along with raising her family, Pat held a variety of jobs. She was employed for several years at The Hobby Horse in St. Joseph, volunteered at Fernwood Botanical Gardens and spent many years working in various roles at Brookside Nursery in St. Joseph. She enjoyed tending to her flower gardens around her home, doing crafts and spending time with her family and friends. She was an avid fan of multiple sports and was the go-to person for her children when they needed to know what was going on in the sporting world, in particular with Michigan State University.

Pat was a member of the Daughters of the American Revolution and had an interesting family history which included those who planned the Pilgrim voyage of the Mayflower to Plymouth Rock, relatives who fought in the Revolutionary War and those that developed the area near Benton Harbor which is now known as "Fairplain."

Pat is survived by three sons, Steve W. (Susan) Kurtz of Denver, John W. Kurtz of St. Joseph and Todd L. (Adrianne) Kurtz of Yorba Linda, Calif.; eight grandchildren: Will, Hallie, Sarah (Keith) Laurenz, Andra, Amy, Jack, Kelly and Kyle Kurtz; and Warren's extended family.

Pat was preceded in death by her parents; and her husband, Warren, on Nov. 14, 2015.

Ruth Elizabeth Baer

July 14, 1921 – March 5, 2020

Ruth Elizabeth Baer, 98, of St. Joseph passed away on Thursday, March 5, 2020, at her home.

A Celebration of Life Service will take place at 10:30 a.m. Saturday, March 21, at St. Matthew's Lutheran Church, 121 Kline St., Benton Harbor, with Pastor Jeff Bolwerk officiating. Burial will follow in Riverview Cemetery. Friends may visit with the family an hour prior to the service at the church. Memorial contributions may be made to St. Matthew's Lutheran Church, The D.AN.K., or Michigan Lutheran High School. Those wishing to leave an online condolence may do so at www.starks-menchinger.com.

BERRIEN SPRINGS

Village Hall will be shutting down

By DEBRA HAIGHT
HP Correspondent

BERRIEN SPRINGS — The village of Berrien Springs is joining the growing list of governments, schools and businesses closing down due to the COVID-19 pandemic.

Village President Jesse Hibler announced Monday night that the village hall will now be closed to the public. He said village operations will continue but that the public will not have access to the village hall. He noted that Berrien and Oronoko Townships have either taken or will be taking similar actions.

He said people in Berrien Springs and throughout the area, the state and the country need to have the right information available. He reported how Police Chief Paul Toliver said the police department got a call from an elderly woman who said she felt fine but wondered when someone was going to come and screen her.

"We definitely want to stay open, we don't want people to be fearful that local government is shutting down," he said. "… A lot of people don't have up to date information. We will give our notices to village workers to pass out to residents they see. We'll also have it on our website."

Hibler said that the village will have an information box outside the hall and also post notices at the hall that will be visible to people on the outside. He urged people to make payments either online or by using the outside drop box.

The box will have daily updated information for residents and will also give people the opportunity to leave questions that will be answered.

The box information will include regular updates about what's going on in the village as well as information from the Berrien County Health Department about the virus and the location of hospitals and emergency services.

Hibler said he's also starting a new newsletter to inform residents of what's going on in the village that will be distributed to residents, as well as be on the village's website.

Registration open for cardboard boat races

By HP STAFF

ST. JOSEPH — For the fifth summer in a row, cardboard boats will hit the waters of the St. Joseph River to benefit the United Way of Southwest Michigan.

Registration is now open for the annual "Rock the Boat" event set for 5 p.m. July 16 at The Inn at Harbor Shores, 800 Whitwam Drive, St. Joseph.

The event, hosted by Whirlpool Corp., features life-size boats made of cardboard, duct tape and polyurethane, and powered entirely by human paddling. The event is open to the public.

"This is an event where people race cardboard boats that they create themselves. There's no event like it around, which is why it's become so popular," Pam Klyn, vice president of Global Product Organization at Whirlpool Corp., said in a news release. "We're thrilled with the excitement that Rock the Boat has created the past four summers. And most importantly, we're proud of the impact that the funds generated through Rock the Boat create in our community through United Way."

Last year, the event raised over $100,000 for UWSM.

The event has grown from five cardboard boats the first year to 75. While many Whirlpool boats compete, about two-thirds of the competitors are individuals and businesses throughout the community. Last summer, registration was completely full by the first week of June.

To register for one of the 75 boat slots available, visit uwsm.org/rock-the-boat-2020. The registration fee is $250 per boat.

After registering a boat, participants will challenge each other for the People's Choice Award, given to the team that raises the most money leading up the race. The winner takes home the People's Choice Traveling Trophy and will present a $2,500 check to one of UWSM's funded partners of their choice.

DO YOU REMEMBER?

25 years ago – 1995

The St. Joseph Coast Guard station will release its 22-foot Boston Whaler boat and Petty Officer Terry Lathrop to South Haven for the summer. The Coast Guard has not maintained a boat in South Haven since its building there burned in 1989. The St. Joseph station is able to release the boat to South Haven because it has received a new boat for use in St. Joseph. This plan will give a much quicker response time in case of emergencies.

35 years ago – 1985

Van Buren Youth Camp in Bloomingdale is "alive and well," according to camp secretary E.V. Heckman. Heckman said he has heard rumors for two years that the camp was closed, but it is open and there are plans for a full season of camping.

The camp, located on Great Bear Lake, has made a number of improvements and is in the best shape it has been in years. The number of camp attendees is down slightly, but the camp is not in any financial difficulty.

50 years ago – 1970

The 41st annual concert of the Benton Harbor Senior High School symphony band tomorrow will feature a number directed by Steve Zoschke, student conductor.

Zoschke, son of Mr. and Mrs. Milton Zoschke of Fairplain, will conduct "Grandioso" by Roland F. Seitz. He is band president and first chair trombonist.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Wednesday, March 18, the 78th day of 2020. There are 288 days left in the year.

Highlight in history:

On March 18, 1940, Adolf Hitler and Benito Mussolini met at the Brenner Pass, where the Italian dictator agreed to join Germany's war against France and Britain.

On this date:

In 1766, Britain repealed the Stamp Act of 1765.

In 1922, Mohandas K. Gandhi was sentenced in India to six years' imprisonment for civil disobedience. (He was released after serving two years.)

In 1925, the Tri-State Tornado struck southeastern Missouri, southern Illinois and southwestern Indiana, resulting in some 700 deaths.

In 1937, in America's worst school disaster, nearly 300 people, most of them children, were killed in a natural gas explosion at the New London Consolidated School in Rusk County, Texas.

In 1942, President Franklin D. Roosevelt signed an executive order authorizing the War Relocation Authority, which was put in charge of interning Japanese-Americans, with Milton S. Eisenhower (the younger brother of Dwight D. Eisenhower) as its director.

In 1963, the U.S. Supreme Court, in Gideon v. Wainwright, ruled unanimously that state courts were required to provide legal counsel to criminal defendants who could not afford to hire an attorney on their own.

In 1965, the first spacewalk took place as Soviet cosmonaut Alexei Leonov went outside his Voskhod 2 capsule, secured by a tether.

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
Rain Likely	Rain Likely	Rain Likely	Rain Likely	Partly Cloudy	Mostly Sunny
45°	39°	57° / 49°	51° / 25°	32° / 27°	37° / 30°

Local Outlook

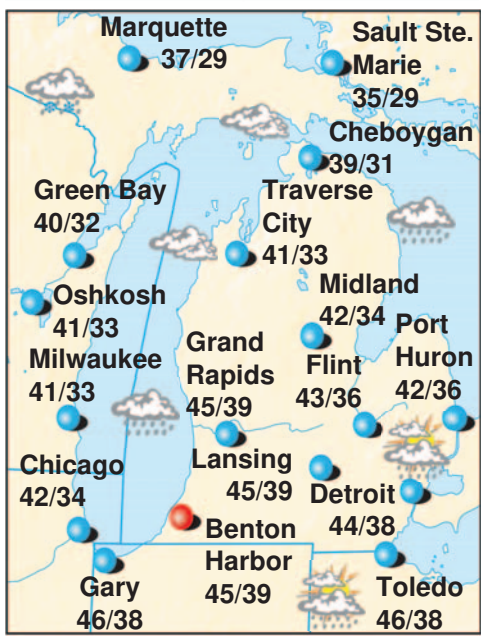
Today we will see cloudy skies with a 95% chance of rain, high of 45°, humidity of 67%. East southeast wind 7 to 13 mph. Expect cloudy skies tonight with a 100% chance of rain, overnight low of 39°. East wind 6 to 11 mph. The wind chill for tonight could reach 35°.

Sun and Moon

Sunrise	7:51 a.m.
Sunset	7:56 p.m.
Moonrise	5:06 a.m.
Moonset	2:24 p.m.

New	First	Full	Last
3/24	4/1	4/7	4/14

Regional Map



Local Almanac

Benton Harbor Yesterday

Temperature	
High	46°
Low	33°
Normal High	47°
Normal Low	29°
Record High	78° in 2012
Record Low	12° in 2014
Precipitation	
Yesterday	0.01"
Month to date	0.63"
Normal for month	1.26"
Year to date	5.55"
Normal Year to date	4.43"

Air Quality

Yesterday	27
Main Offender	Ozone

The higher the number, the greater the need for people with respiratory problems to reduce outside activity.

0-50	Good
51-100	Moderate
101-150	Sensitive
151-200	Unhealthy

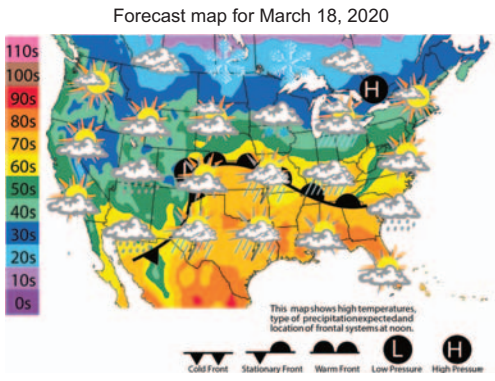
Weather Trivia

Can you be allergic to cold weather?

Answer: Some people get a rash after experiencing a sudden drop in temperature.

National Weather Map

Forecast map for March 18, 2020



For latest weather updates: **www.UpdatedWx.com/HP**

Lake Michigan

Today, ESE wind around 12 kt, with gusts as high as 21 kt. Showers. Waves around 1 ft. Water temperature 36 degrees. Tonight, E wind 6 to 10 kt. Showers. Waves around 1 ft.

Michigan Forecast

Upper Peninsula

Today, skies will be cloudy with isolated rain and snow, highs in the 30s and 40s. Southeast wind 7 mph. Expect cloudy skies Thursday with widespread showers and rain, highs in the 30s and 40s. East southeast wind 6 to 9 mph.

Lower Peninsula

Today, skies will be mostly cloudy with widespread rain, highs in the 40s. East southeast wind 7 to 13 mph. Expect cloudy skies Thursday with widespread rain, highs in the 50s and 60s. Southeast wind 7 to 14 mph.

ELECTIONS

From page A1

passed in May so they can take advantage of the 2020 construction season.

"If it's pushed to August, then you'd lose a whole construction season," said Don Wotruba, executive director of the Michigan Association of School Boards. "If we had a preference, it would be a vote-by-mail election."

He noted that Michigan may be coming out of an economic recession caused by the coronavirus, "additional construction work this summer could be an economic development piece of the recovery."

The move comes as states around the country are trying decide whether to postpone upcoming presidential primary elections. Ohio abruptly closed polling places for its election on Tuesday, citing a fear of continued spread of the virus. Louisiana, Georgia, Maryland and Kentucky also have postponed their presidential primaries.

So it's not a surprise that Michigan election officials are already looking to May.

"We've heard from some jurisdictions that they would be happy to consolidate their current issues into the August election," Benson said. "We would like to provide them that option, while still ensuring that those jurisdictions that need to hold an election in May are able to do so in a safe manner."

Peter Spadafore, associate executive director of the Michigan Association of School Superintendents and Administrators, said the shift is something that school districts need to explore.

"And we should do that at the local level because the districts are the ones who put those issues on their ballots," he said.

And while some districts are talking about the timing of elections, Spadafore said, "That's not the first priority for us. Our No. 1 focus is making sure that children are fed and getting services."

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Insured by NCUA.
Annual Percentage Yield (APY) accurate as of 3/1/20. Subject to change without notice. Rate includes a 0.10% APY increase for maintaining an Ultra Checking account with a positive balance. Rate may change after the account is opened. If requirements are not met, rate is 1.65% APY for 13 months or 1.95% APY for 58 months. A penalty may be charged for early withdrawal. Fees may reduce earnings on the account. Minimum balance required is $500. Only personal share certificates are eligible for advertised rate; business share certificates also available although rate may differ.

hp SPORTS

It's a frustrating time for local athletes

ML's Rugen, BH's Johnson react to MHSAA's suspension of winter sports

By MAXWELL HARDEN
HP Sports Writer

The Michigan High School Athletic Association's decision to suspend all athletic activities indefinitely amid the coronavirus pandemic sent shockwaves throughout the state.

For many athletes in the midst of the postseason of their respective sports, dreams of competing for a state championship were dashed in an instant. But for local seniors like Michigan Lutheran girls basketball standout Mara Rugen and Benton Harbor boys basketball star Carlos "Scooby" Johnson, whose teams were in championship runs, the suspension of tournament play likely means they have played their last games.

There is no next time.

Rugen scored 18 points to propel Michigan Lutheran to a 54-20 win over Fruitport Calvary Christian in a Division 4 regional semifinal game last Tuesday. The 22-1 Titans were to play Martin on March 12 in the regional final and organized a pep rally at school that day for the occasion.

That's when Rugen and her teammates received word that the tournament had been suspended.

"It was really sad," Rugen said. "We were excited to play for a regional title. We were mentally prepared to play. So when we received the news, it was pretty disappointing."

Like Rugen, Johnson was surprised by the news. The Mr. Basketball candidate helped lead the Tigers – ranked No. 1 in the latest Associated Press Division 2 poll – to a 20-2 record and a district title tilt against Coloma.

"We were at school," Johnson said. "It was almost time for practice. Coach (Corey) Sterling sent a text that said all activities are canceled until further notice. It took the wind right out of us and it took some time to recover."

As captains of their respective teams, Rugen and Johnson did their best to keep their team's spirits up following the news.

"That day was a downer," Rugen said. "We had a practice that day and the tone was different. But there was a chance we could play again, so we wanted to be prepared both mentally and physically."

"We looked at it as a blessing from God," Johnson said. "Maybe we needed this rest; it helped me with my shoulder injury. Hopefully, we're able to rest up and get to continue the journey soon."

In Rugen's four years as a varsity player, the Titans have won four district championships. Those victories are the moments Rugen will remember the most.

"The feeling of winning districts is great," Rugen said. It's a really special moment. We've never made it past the first round of regionals, so being able to accomplish that was this year was special because we worked hard for it."

Johnson won a state championship as a sophomore and had the Tigers in position to potentially win one this year. But winning a title isn't what Johnson will look back on as one of his favorite prep moments.

"Going against all my AAU buddies during the season was fun," Johnson said. "I enjoyed spending time with my coaches and those long bus rides with my teammates. Suiting up in the orange and black for the community every game was a blessing. Playing in front of my community and being an example for the youth was always important to me."

With the coronavirus situation changing by the hour, there's no telling when high school sports will return to Michigan. While most athletes understand the decision was made with the best interests of everyone in mind, it doesn't make the disappointment of not being able to participate in at least one more event with teammates and coaches go away.

"It's frustrating," Rugen said. "We've worked so hard to reach this point. Not knowing what is happening is hard; It's hard having a chance to play again taken away from you. We're praying for regionals and states to continue."

Contact: mharden@thehp.com, 932-0371, @HPMaxwellHarden

Brady leaving New England, Brees staying put

By BARRY WILNER
AP Pro Football Writer

Elise Amendola / AP

In this Jan. 10, 2015 photo, New England Patriots quarterback Tom Brady holds up the game ball after an NFL divisional playoff game against the Baltimore Ravens The 42-year-old quarterback with six Super Bowl rings said Tuesday that he is leaving the team.

The unimaginable has happened to Patriots fans: Tom Brady is moving on.

The predictable has occurred for Saints fans: Drew Brees is staying put.

No matter what else happens in NFL free agency on Tuesday, decisions by those two iconic quarterbacks deserve headlines. And those decisions were as divergent as the regions they have played in.

Brady will be 43 when the next NFL season begins. He also brings with him six Super Bowl rings, four Super Bowl MVP trophies and three regular-season MVP awards. Simply put, he's the most successful quarterback in pro football history.

And he's available.

"I don't know what my football future holds, but it is time for me to open a new stage for my life and my career," he wrote. "Although my football journey will take place elsewhere, I appreciate everything that we have achieved and am grateful for our incredible TEAM experiences."

Those experiences – nine Super Bowl trips, six wins – ended with a home loss to Tennessee in the wild-card round in January.

As a memento for Patriots owner Robert Kraft, who referred to Brady as being like a son, the team will take a $13.5 million salary cap hit because of the signing bonus Brady got for his one-year deal for the 2019 season.

No such issues in the Big Easy. Brees made things, well, easy for the Saints, making it clear he wasn't leaving New Orleans or Sean Payton's offense despite having his contract run out.

Brees, 41, agreed to a two-year, $50 million contract, a person familiar with the situation said. The person spoke to The Associated Press on condition of anonymity on Tuesday because the deal has not been announced.

The 19-year veteran with one NFL title in New Orleans basically gave a hometown discount to the Saints. His deal will not put him in the top 10 quarterbacks for annual salary. But the career leader in completions with 6,867, yards passing with 77,416, and touchdowns with 547 believes New Orleans offers the best place for him to win another championship.

Brees missed five games with a throwing hand injury that required surgery last season, but still helped New Orleans to a third straight playoff appearance.

Another veteran QB found his landing spot when Philip Rivers agreed to join the Colts. Rivers spent the past 16 seasons with the Chargers, first in San Diego and then in Los Angeles.

Rivers agreed to a one-year contract with Indianapolis. The Colts get a 38-year-old quarterback coming off one of his worst seasons with 23, touchdown passes and 20 interceptions. But Rivers ranks sixth in league history in completions, yards passing and TD passes and seventh in attempts and is 123-101 as an NFL starter. He hasn't missed a start since 2005.

Rivers will reunite with coach Frank Reich and offensive coordinator Nick Sirianni. Reich was Chargers quarterbacks coach in 2013 and the offensive coordinator in 2014 and 2015. Sirianni spent five seasons in San Diego, two as quarterbacks coach.

Incumbent Jacoby Brissett now figures to be job hunting. The Colts acquired him in a 2017 trade with the Patriots – who just happen to have an opening behind center.

And one more star passer, Cam Newton, will be departing Carolina. Panthers general manager Marty Hurney said Tuesday on Twitter that "every year difficult decisions are made and they are never easy."

Newton, the 2015 NFL MVP, said on social media he didn't ask for the trade, telling the Panthers: "You forced me into this."

Other quarterbacks' fates were being decided Tuesday, the second day on which players' representatives could negotiate with teams. No deals can become official until the league business year begins Wednesday at 4 p.m. EDT.

Also Tuesday:

■ Bryan Bulaga agreed to a contract with the Chargers. He spent the past 10 seasons with Green Bay and will turn 31 on Saturday. He is likely to start at right tackle and will be reunited with James Campen, who was Bulaga's line coach at Green Bay and was recently hired by Los Angeles.

■ Linebacker Thomas Davis said he's reuniting with former coach Ron Rivera and signing with the Redskins. Davis, 36, played under Rivera with Carolina for eight seasons and had the best years of his career.

■ Jason Witten is headed to Las Vegas, where Jon Gruden is the coach. Coincidentally, Witten replaced Gruden as the analyst on ESPN's "Monday Night Football" in 2018, then went back to play again with the Cowboys.

Witten turns 38 in May. He had 63 catches for 529 yards and four TDs last season, and has 1,215 catches for 12,977 yards and 72 TDs in 16 seasons with Dallas.

■ Philadelphia won't be keeping star safety Malcolm Jenkins, who led the Eagles' defense when it won the 2017 league title. Jenkins spent the past six of his 11 NFL seasons in Philly.

■ The Bears have released outside linebacker Leonard Floyd, chosen ninth in the 2016 draft. Floyd contributed against the run and in pass coverage, but did not develop as a pass rusher. He had 18 ½ sacks in four seasons, including a career-low three last year.

■ The Tennessee Titans added edge rusher Vic Beasley Jr. on a one-year deal. The No. 8 overall pick in the 2015 draft led the NFL with 15 ½ sacks in 2016 for the Falcons. Atlanta declined to re-sign Beasley after he got only 18 sacks combined over the past three seasons.

■ Chicago agreed to a five-year, $70 million deal with defensive end Robert Quinn, who gets $30 million guaranteed. The Bears added a solid pass rusher to outside linebacker Khalil Mack. Quinn had 11 ½ sacks last year following a trade to Dallas from Miami. He served a two-game suspension for violating the NFL's policy on performance-enhancers.

■ Miami and defensive end Emmanuel Ogbah agreed to a $15 million, two-year contract.

HOMETOWN HEROES

Photo provided

The Lakeshore-St. Joseph Warriors junior varsity hockey team won the West Michigan ADRAY Tier II championship on March 8 in Alpena. The Warriors are part of the Berrien Area Hockey Association, and include players from several local high schools. Front row, left: Jacob Marohn, Dillon Ficke, Taylor Kinkade, Jack Elliott, Tyler Ferrell, Lucas Schaub, Jace Zimmerman, Blaine Hooks. Back row, left: assistant coach Brian Hooks, goalie coach Doug Patridge, head coach Tim Sena, Matt DeMeulenaere, Campbell Shell, assistant coach Joe DeFay, Tobe Porter, Allen Retterbush, and Cameron Dirlam. Not pictured: Landon Arwood, Ethan Benedict, and Finn Stockton.

Senior PGA Championship status uncertain

PGA 'discussing options' for Harbor Shores event after postponing PGA Championship

By HP STAFF

The PGA Championship was postponed on Tuesday, leaving the status of the KitchenAid Senior PGA Championship at Harbor Shores uncertain.

The PGA of America announced the postponement of the PGA Championship, scheduled from May 14-17 at Harding Park in San Francisco, due to the coronavirus outbreak. It also said in a news release that it was "discussing the best options" for the Senior PGA Championship, which is set for May 21-24 at Harbor Shores. The local course has hosted the event in late May in even-numbered years since 2012.

"We hope to have an update in the near future and sincerely appreciate the patience of our wonderful volunteers, fans, supporters and our partners at KitchenAid," the news release said. "The health and safety of all involved in this prestigious championship is our highest priority."

All events on the PGA Tour Champions prior to the Senior PGA Championship have been postponed. Senior PGA Championship director Ryan Ogle said that while the tournament is currently outside the date range chosen for postponement, health officials will continue to be consulted on the best course of action.

PRIME TIME TV

WEDNESDAY EVENING MAR. 18

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC (7)(13)(41)(57)	Wheel of Fortune	The Goldbergs (N)	Schooled (N)	Modern Family (N)	Housewife	Stumptown "The Dex Files" (N)	
CBS (2)(3)(22)	Ent. Tonight	Survivor "Quick on the Draw" (N) CC		:01 SEAL Team (N) CC (DVS)		S.W.A.T. "Gunpowder Treason" (N)	
NBC (5)(8)(16)	Ac. Hollywood	Chicago Med "The Ghosts of the Past"		Chicago Fire "Protect a Child" (N)		Chicago P.D. A gang war brews. (N)	
FOX (17)(222)(28)(32)	Modern Family	The Masked Singer (N) CC (DVS)		:01 LEGO Masters "Storybook" (N)		Fox 17 News at 10:00PM (N) CC	
PBS (34)	Outdoor Elements	Nature "Yosemite" CC (DVS)		NOVA "Japan's Killer Quake" CC		Secrets of the Dead CC (DVS)	
CW (25)	Big Bang Theory	Penn & Teller: Fool Us CC		Whose Line Is It?	Whose Line Is It?	News	Seinfeld CC
MNT (50)	Family Feud	Chicago P.D. "A Night Owl" CC		Dateline "Secrets in the Snow"		Dateline CC	
WCIU (26)	Mike & Molly	Penn & Teller: Fool Us CC		Whose Line Is It?	Whose Line Is It?	2 Broke Girls	2 Broke Girls
WHME (46)	:00 Heartland	Heartland "Pandora's Box"		Highway to Heaven "Fight for Your Life"		The List (N) CC	Celebrity Page (N)
WGN (9)	News	black-ish CC	black-ish CC	Last Man Standing	Last Man Standing	WGN News at Nine (N) (L) CC	
A&E	Live PD Presents	Live PD Presents	Live PD Presents	America's Top Dog The finalists battle it out for $25,000. CC			Live PD Presents
AMC	5:00 Star Trek	Batman ('89, Action) Jack Nicholson, Michael Keaton. The Caped Crusader vows to rid Gotham City of the Joker. CC					
Animal	Was Prey	I Was Prey CC				I Was Prey CC	
BET	6:30 Meet the Browns ('08)			Tyler Perry's Sistas		Twenties	Boom
Big Ten	Softball	To Be Announced					
Bravo	Housewives	The Real Housewives of New Jersey		Summer House "Love Her, Boy" (N)		The Real Housewives of New Jersey	
Cartoon	Apple	Home	Burgers	Burgers	Rick	American	American
Cinemax	Bad-El Royale	Congo ('95) Dylan Walsh. Killer gorillas menace an African expedition. CC				Jurassic World: Fallen Kingdom ('18)	
CMT	Mom	Mom	Mom	Mom	Mom	Mom	Mom
CNBC	Shark	Shark Tank CC		Shark Tank		The Deed: Chicago	
CNN	OutFront	Anderson Cooper		Cuomo Prime Time		CNN Tonight	
Comedy	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Nora
Discovery	Expedition Un.	Expedition Unknown "Curse of the Bermuda Triangle" (N) CC					
Disney	Bunk'd	Bunk'd	Gabby	Sydney	Just Roll	Coop	Sydney
DIY	Bargain	Holmes & Holmes		Holmes & Holmes		Holmes & Holmes	
E!	Couples Retreat ('09) Vince Vaughn. CC					The Soup	Funny
ESPN	To Be Announced						TBA
ESPN2	NIT Basketball Tournament			2020 NIT Basketball Tournament			
ESPNC	6:00 NBA	MLB Baseball				MLB Baseball	
Food	Grocery	Guy's Games		Guy's Games		Tournament	
Fox News	The Story	Tucker Carlson		Hannity (N) CC		The Ingraham Angle	
Fox Sports	Spotlight	Bundesliga Soccer				World Poker	
Freefrm	6:30 The Twilight Saga: Breaking Dawn Part 2			Motherland: Fort Salem CC		Motherland: Fort Salem CC	
FX	:00 Despicable Me 3 ('17) Voices of Steve Carell. CC			Despicable Me 3 ('17) Voices of Steve Carell, Kristen Wiig, Trey Parker. CC			
Golf	PGA	Feherty CC		Feherty CC		Feherty CC	
Hallmark	Falling for Vermont	Campfire Kiss ('17) Danica McKellar, Paul Greene, Dylan Kingwell. CC				Golden Girls	Golden Girls
HBO	Plot-America	Fight Club ('99) Brad Pitt. Men vent their rage by beating each other in a secret arena. CC					:20 Westworld
History	Forged	Forged in Fire		Forged in Fire (N)		:03 Forged in Fire	
HGTV	Buying	Property Brothers		Property Brothers		100 Day Dream	
Learning	My 600-	My 600-Lb. Life "Coliesa's Story" (N)				Dr. Pimple Popper	
Lifetime	Married-Sight	Married at First Sight "Move In or Move On" Couples take a hard look at marriages.				:03 Bride & Prejudice: Forbidden Love	
MSNBC	Decision	All In With		Rachel Maddow		The Last Word	
MTV	Catfish	Catfish: The TV		Catfish: The TV		Ridic.	Ridic.
NBCSCH	Bulls	NBA Basketball Miami Heat at Chicago Bulls. (N) (L)					Postgame
NFL	NFL Total	NFL Total Access		NFL Total Access		NFL Total Access	
Nick	Sponge.	Henry Danger CC		Substitute	Friends	Friends	Friends
NGEO	Locked	Locked Up Abroad		Locked Up Abroad		:03 Borderforce USA	
Oxygen	:00 Snapped	Snapped A girlfriend's secret life.		Snapped "Jessica McCord" CC		Snapped A teen love triangle. CC	
Parmt	Indiana Jones and the Last Crusade ('89)					68 Whiskey (N)	
Showtime	Best Enemies	Serpico ('73, Crime Drama) Al Pacino, John Randolph, Jack Kehoe. CC				:10 American History X	
Starz	:26 Are We There Yet? ('05) Ice Cube. CC			:03 Land of the Lost ('09, Comedy) Will Ferrell, Anna Friel. CC			
STZENC	:06 White Boy Rick ('18) Matthew McConaughey.			The Girl With the Dragon Tattoo ('11) Daniel Craig, Rooney Mara. CC			
SyFy	Lara Croft-Life	Lara Croft: Tomb Raider ('01, Adventure) Angelina Jolie, Jon Voight. CC				The Magicians "Be the Hyman" (N)	
TBS	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal
TCM	Lonely Wives	Shut My Big Mouth ('42) Joe E. Brown, Adele Mara.			Earthworm Tractors ('36) Joe E. Brown. CC		
TMC	Wrong Todd	A Perfect World ('93, Drama) Kevin Costner, Clint Eastwood, Laura Dern. CC					The Dark Tower
TNT	Hot Ones	All Elite Wrestling: Dynamite (N) CC				Lost World	
Travel	Paranorm.	Paranormal Ca.		Paranormal Ca.		True Terror	
TV Land	Andy G.	Raymond	Raymond	Raymond	Raymond	Two Men	Two Men
USA	:00 Chicago P.D.	WWE NXT (N) (L) CC				:05 Friday ('95) Ice Cube.	
VH1	Black Ink	Black Ink Crew (N)		Love, Hip Hop		Wild/Out	Wild/Out
WGN-A	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC

Lower back pain could be helped with Alexander technique

Elizabeth Ko & Eve Glazier
Ask the Doctors

DEAR DOCTOR: I've had lower back pain for years, and nothing has helped. I've tried physical therapy, yoga and chiropractors, and I've even contemplated surgery. My sister suggests something called the Alexander technique. What do you think? I'm willing to try anything, but I don't want to chase after treatments that aren't useful.

DEAR READER: When our ancient ancestors stood up and became bipeds, they gave humans a crucial evolutionary advantage. They also left us with another lasting legacy – back pain. It's a near-universal complaint, and it ranks among the largest contributors to disability throughout the world. Yet, because the spine is a complex structure, the specific causes of back pain often remain elusive. This can make finding an effective treatment both difficult and frustrating.

The majority of back pain affects the lower back, which supports much of the weight of the upper body. The most common causes of pain in the region are the mechanics of how we stand and move, injuries to the tissues and structures of the back and spine and, often, a combination of the two. Poor posture, poor alignment and the ergonomics of the tools and objects in our daily lives all play a role. Put too much stress or torque on the spine, and you're at risk of injuries to the muscles, ligaments, tendons and nerves in the region.

A back injury can make itself known suddenly, as with a muscle spasm or a slipped disc, or may emerge over time. Either way, the pain and disruption can be daunting. Yoga, physical therapy and chiropractic care can indeed lessen lower back pain, and we're sorry to hear that none of these approaches brought you relief. Massage, acupuncture and mindfulness exercises also can help. Some of our patients living with lower back pain have had success using topical heat, as well as over-the-counter creams, gels and patches.

All of which brings us – at last! – to your sister's suggestion, the Alexander technique. It's a series of posture lessons that focus on alignment, balance, breathing, coordination, spatial awareness and the release of tension, particularly in the neck, shoulders, spine, back and hips. Developed in the 1890s by Frederick Matthias Alexander, the technique has been used for chronic back pain, arthritis and Parkinson's disease. In this method, students relearn how to sit, stand, walk, bend, reach and move, all with an awareness of gravity's downward pull. A single session may focus solely on the proper alignment for rising from a chair, or it may be spent lying on the ground methodically assessing and releasing areas of tension.

Classes typically are one-on-one, carried out by a certified teacher who observes the student and guides them with both verbal explanations and gentle, hands-on adjustments. Several studies have confirmed the benefits of the Alexander technique for back pain, including one published in the journal BMJ. In that study, researchers found that one-on-one lessons with a certified teacher had long-term benefits for patients with chronic back pain. We recommend the Alexander technique to our own patients who are dealing with back pain. If lessons are available in your area, we think this approach to dealing with lower back pain is worth exploring.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

I'm in a nice relationship, but I still text my ex

Carolyn Hax

Carolyn Hax is away. The following first appeared Oct. 2, 2005.

DEAR CAROLYN: I'm in a nice relationship with my current boyfriend, but I keep allowing my ex to contact me by phone, email, text, etc. I can't seem to let go of this past relationship. I must admit I still have feelings for the ex, but it's been over a year since we broke up. Why is it so hard for me to accept that he does not want a relationship with me? I think about this person too often, and I know keeping in contact is just prolonging my agony, but I can't seem to let it go. – Glutton for Punishment?

GLUTTON FOR PUNISHMENT?: By glutton for punishment, I assume you mean your current boyfriend, who is entrusting himself to someone who loves someone else.

You have thought about his feelings as much as your own, right? And told him you're in touch with your ex? And haven't told him any blatant lies, such as that your feelings are now just Platonic? Or omission lies, such as that you promise you won't be getting back with your ex ... (but only because he keeps shutting you down)?

The only way to get over your feelings is to turn off your phone and face them. The only way to be fair in the meantime is to be single until you do.

DEAR CAROLYN: I've been with my boyfriend about a year now. His mom still doesn't want to meet me because she thinks I was the reason for her son's divorce. She's best friends with his ex and takes every opportunity to schedule events so they can still be one big happy family.

Now she is doing things with her ex-daughter-in-law and the ex's new boyfriend and still won't even let me in her driveway. There's a little girl who's 5 and loves being with me, but wonders why I can't meet grandma or mommy.

My boyfriend has already expressed to his mother how much it hurts him when she does things with his ex and not her own son, but it doesn't seem to faze her. He won't let himself love me 100 percent because without his mom's acceptance he's having a really hard time. What do I do at this point? – The Mother or Not?

THE MOTHER OR NOT?: The good news is, you have choices. The bad news is, one of them is to resign yourself to the status quo and hope some key people grow up.

And the other is to make life easy for your boyfriend's mom.

First, explain to your boyfriend every lesson this last year has taught you: that there's no happiness in being a scapegoat, or getting treated like a disease, or standing between mother and son, or confusing a little kid, or being loved less than 100 percent, or knowing that the reason for all of these is (if I take your implied word for it) based on a misunderstanding.

Then, make it easy for all of them, yourself most of all, and say your goodbyes. Say them because your boyfriend could end this right now, either by taking a stand with his mom, or by enlisting the help of his ex, or both; all he has to do is want to, and be strong enough to. Meaning he doesn't, or isn't or both.

Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon each Friday at www.washingtonpost.com.

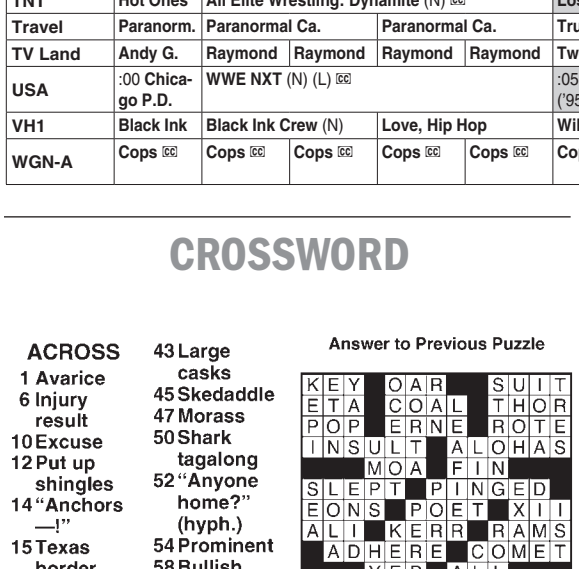
CROSSWORD

ACROSS
1 Avarice
6 Injury result
10 Excuse
12 Put up shingles
14 "Anchors —!"
15 Texas border town (2 wds.)
16 Tabby
18 Country addr.
19 "Naked Maja" artist
21 Floor model
23 Tear
24 Eggs
26 Nitpicks
29 Jackie's tycoon
30 Apprehend
32 Superman alias
34 Sicilian spouter
36 Malt beverage
37 Drowse (off)
38 Zeus' wife
40 Give — — go
42 Form 1040 sender
43 Large casks
45 Skedaddle
47 Morass
50 Shark tagalong
52 "Anyone home?" (hyph.)
54 Prominent
58 Bullish trend
59 — del Fuego
60 One-time Mets stadium
61 Sink unclogger

DOWN
1 Student stat
2 Chilly and damp
3 Before
4 Give spiritual instruction
5 Mark a page (hyph.)
6 Somber
7 Speeder's nemesis
8 Not very close
9 Finest
11 Stanley Cup org.
12 Ms. Russo
13 Fawn parent
17 High-mindedness
19 Circumference
20 Reckon
22 Furniture wood
23 "Norma —"
25 Stop — — dime
27 Magic lamp occupant
28 Sleep noisily
31 Gamble
33 QB aims
35 Kind of critic
39 Dawn goddess
41 Faint-hearted
44 Gas for a sign
46 Weaker, as an excuse
47 Utah inst.
48 Klutz's cry
49 Roman Empire invader
51 Frequently
53 Gradation of color
55 Mouths, in biology
56 40-cup brewer
57 — Paulo, Brazil

Answer to Previous Puzzle

K	E	Y		O	A	R			S	U	I	T
E	T	A		C	O	A	L		T	H	O	R
P	O	P		E	R	N	E		R	O	T	E
I	N	S	U	L	T		A	L	O	H	A	S
			M	O	A		F	I	N			
S	L	E	P	T		P	I	N	G	E	D	
E	O	N	S		P	O	E	T		X	I	I
A	L	I		K	E	R	R		R	A	M	S
	A	D	H	E	R	E		C	O	M	E	T
			Y	E	P		A	L	L			
B	E	F	E	L	L		G	I	L	D	E	D
A	V	O	N		E	I	R	E		I	C	Y
L	E	N	A		X	M	E	N		S	H	E
E	N	D	S			P	E	T		C	O	D



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JUMBLE

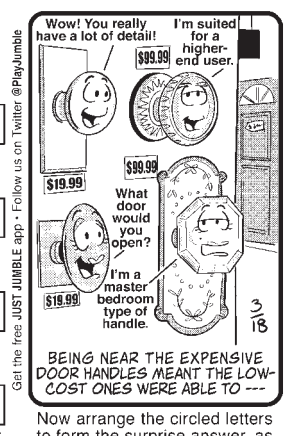
Unscramble these Jumbles, one letter to each square, to form four ordinary words.

BYOLB

WNNOK

CENALC

RSOKEH


Wow! You really have a lot of detail!
I'm suited for a higher-end user.
$99.99
$19.99
What door would you open?
I'm a master bedroom type of handle.
3/18

BEING NEAR THE EXPENSIVE DOOR HANDLES MEANT THE LOW-COST ONES WERE ABLE TO ---

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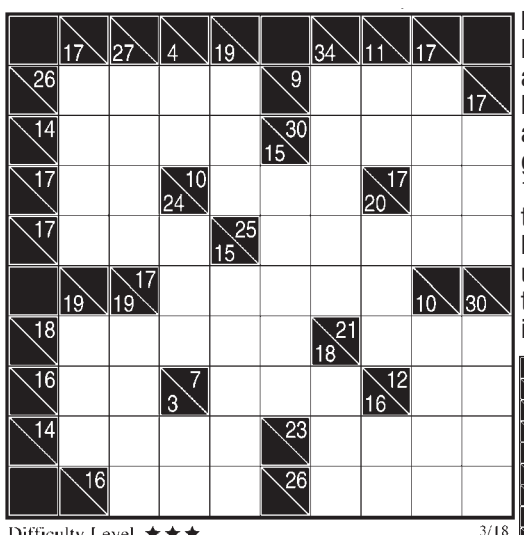
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here: " ○○○○ - ○○○○○ "

(Answers tomorrow)

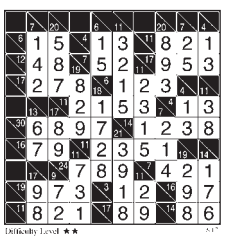
Yesterday's Jumbles: KIOSK SPURN COUNTY LARGER
Answer: You shouldn't iron a four-leaf clover unless you want to — PRESS YOUR LUCK

KAKURO



Difficulty Level ★★★ 3/18

How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.



Difficulty Level ★★

BRIDGE

Several decades ago, Tom Lehrer wrote many amusing songs. During one of his shows he commented, "It is sobering to consider that when Mozart was my age he had already been dead for a year." Maybe Lehrer found this harder to bear than anyone realized, for almost as quickly as he came into showbiz, he returned to the world of mathematics.

If Lehrer had been an ardent bridge player, he would have known when to play high and when to play low. Another person who knows the difference is Frenchman Claude Vigneron. This deal occurred during an interclub match in the Marne Valley.

West's bid of two no-trump showed at least 5-5 in hearts and clubs. It is surprising that East didn't sacrifice in five hearts. Perhaps she was hoping to receive a couple of club ruffs to defeat four spades.

Vigneron led the club king. Declarer won with the ace and played a low trump. His plan was to duck this to East, win the return (East was known to have started with a singleton club), cash the spade ace and play on diamonds. He would have lost just three tricks: two spades and either a heart or a club at the end.

However, Vigneron threw a tuning-fork into the works: He put up the spade king.

If declarer had ducked, West would have cashed two club tricks. So dummy's spade ace was played. Declarer continued with a low spade from the dummy, but now East won with the 10 and cashed the queen. This left dummy with just one trump and declarer with only nine tricks.

Sack the songwriter who wrote the lyric "second hand low."

North 03-18-20
♠ A J 7 3
♥ —
♦ A K Q 7 6
♣ 9 8 6 3

West
♠ K 2
♥ A J 8 6 3
♦ 5
♣ K Q J 10 2

East
♠ Q 10 6
♥ K 9 5 4 2
♦ 10 9 4 3
♣ 4

South
♠ 9 8 5 4
♥ Q 10 7
♦ J 8 2
♣ A 7 5

Dealer: North
Vulnerable: Neither

South	West	North	East
		1♦	Pass
1♠	2NT	4♣	All Pass

Opening lead: ♣ K

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

2			9		4	8	5	7
			7					
		7	1	3			6	
1	7						4	
		9		4		5		
	5						9	1
	1			7	5	2		
					9			
9	4	8	2		6			5

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How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

1	5	3	2	7	9	6	4	8
9	2	6	4	1	8	7	5	3
4	7	8	3	5	6	1	9	2
5	6	1	7	4	2	8	3	9
8	4	9	6	3	5	2	1	7
7	3	2	9	8	1	4	6	5
3	9	7	1	2	4	5	8	6
2	1	5	8	6	3	9	7	4
6	8	4	5	9	7	3	2	1

BEETLE BAILEY

WHEN I LET THEM HAVE "CASUAL FRIDAY" I DIDN'T MEAN THIS!
YOU SHOULD BE MORE SPECIFIC
3-18
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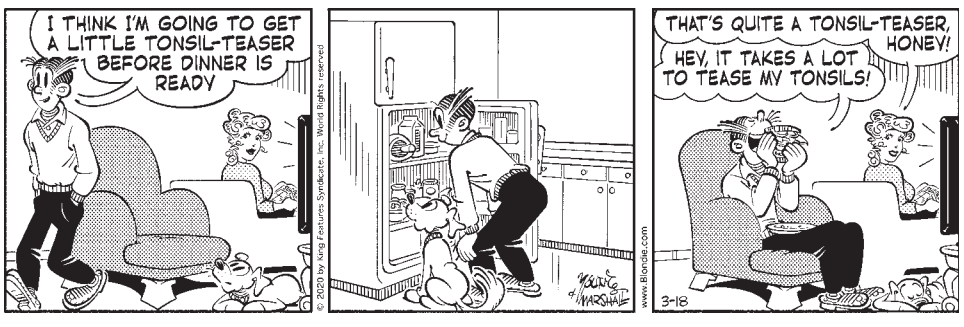
NEXT WEEK, IT'S "FORMAL FRIDAY"
GREG+ MORT WALKER

BLONDIE


I THINK I'M GOING TO GET A LITTLE TONSIL-TEASER BEFORE DINNER IS READY
© 2020 by King Features Syndicate, Inc. World Rights reserved
THAT'S QUITE A TONSIL-TEASER, HONEY!
HEY, IT TAKES A LOT TO TEASE MY TONSILS!
www.Blondie.com
3-18

HI & LOIS

LOOK! AN AIRPLANE.
I BET IT'S FULL OF SNOWBIRDS COMING HOME FROM THE WINTER.
HIandLois.com
3-18
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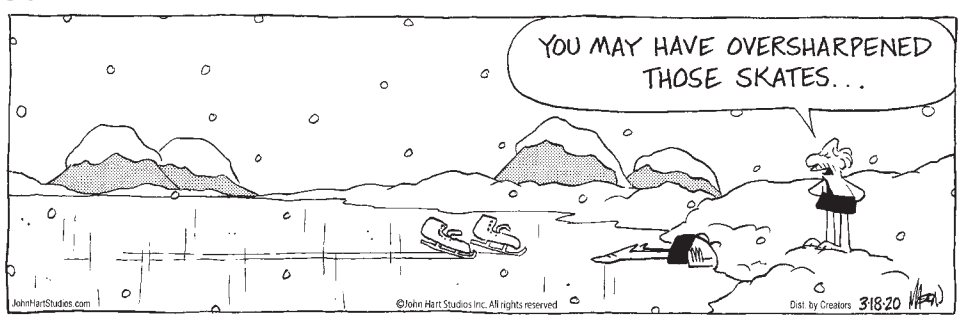
I THOUGHT BIRDS COULD FLY ON THEIR OWN.
ERIC REEVES

BC


YOU MAY HAVE OVERSHARPENED THOSE SKATES...
JohnHartStudios.com
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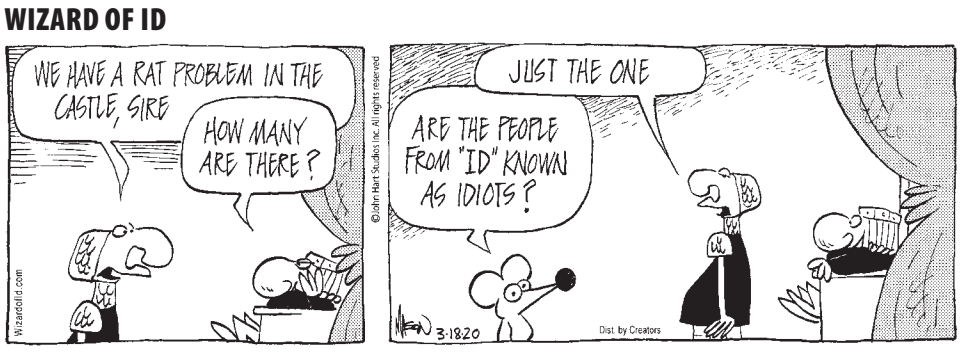
WIZARD OF ID


WE HAVE A RAT PROBLEM IN THE CASTLE, SIRE
HOW MANY ARE THERE?
Wizardofid.com
©John Hart Studios Inc. All rights reserved
JUST THE ONE
ARE THE PEOPLE FROM "ID" KNOWN AS IDIOTS?
3-18-20
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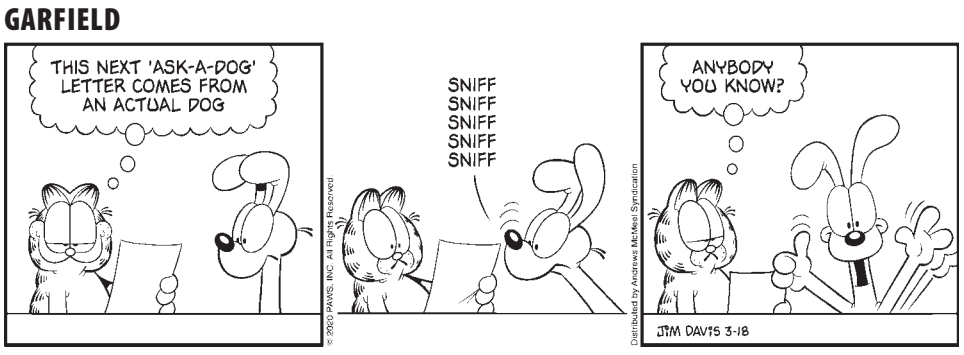
DILBERT

OH, NO. I'M HERE TOO EARLY. THERE WILL BE CHITCHAT.
DILBERT.COM @SCOTTADAMSSAYS
SOMEONE IS GOING TO BORE ME TO DEATH TALKING ABOUT THEIR DIET PREFERENCES.
3-18-20 2020 Scott Adams, Inc./Dist. by Andrews McMeel
I ONLY EAT FIGS.
KILL ME. KILL ME KILL ME.

GARFIELD


THIS NEXT 'ASK-A-DOG' LETTER COMES FROM AN ACTUAL DOG
SNIFF SNIFF SNIFF SNIFF SNIFF
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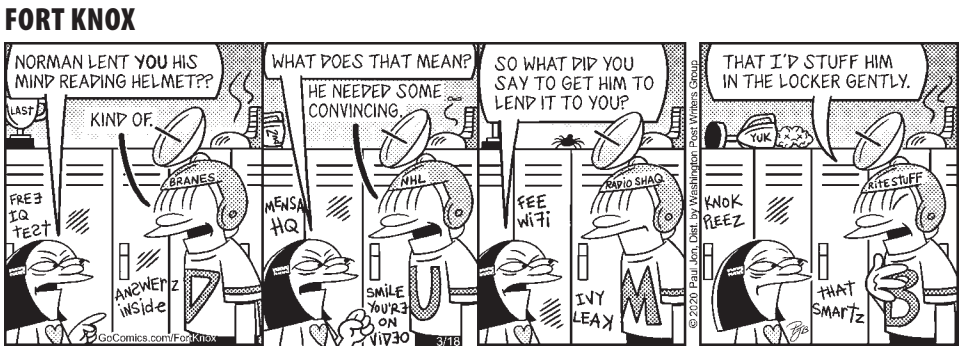
ANYBODY YOU KNOW?
Distributed by Andrews McMeel Syndication
JIM DAVIS 3-18

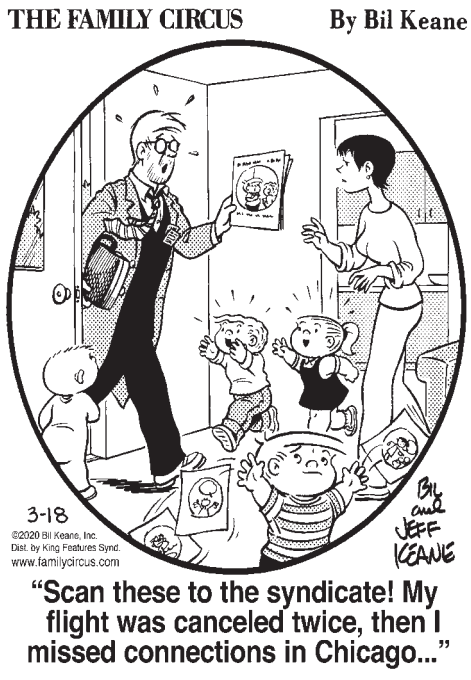
FORT KNOX



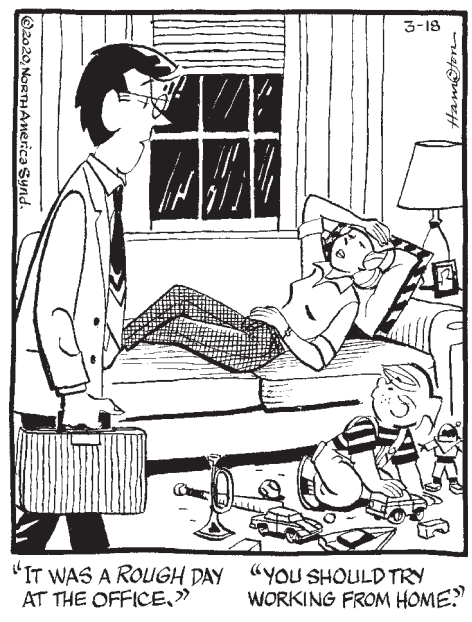
PICKLES

THEY SAY A PERSON NEEDS LESS SLEEP AS HE GETS OLDER.
AND I'VE HEARD THAT CRAZY PEOPLE NEED LESS SLEEP.
3/18
SO A CRAZY OLD PERSON WOULD HARDLY NEED ANY SLEEP AT ALL.
BRANE
WHY DO YOU LOOK AT ME WHEN YOU SAY THAT?

FAMILY CIRCUS


THE FAMILY CIRCUS
By Bil Keane
3-18
©2020 Bil Keane, Inc.
Dist. by King Features Synd.
www.familycircus.com
BIL and JEFF KEANE
"Scan these to the syndicate! My flight was canceled twice, then I missed connections in Chicago..."

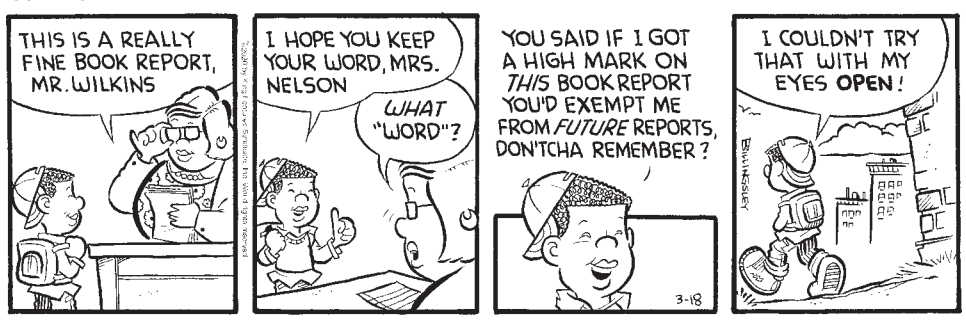
DENNIS THE MENACE



BABY BLUES

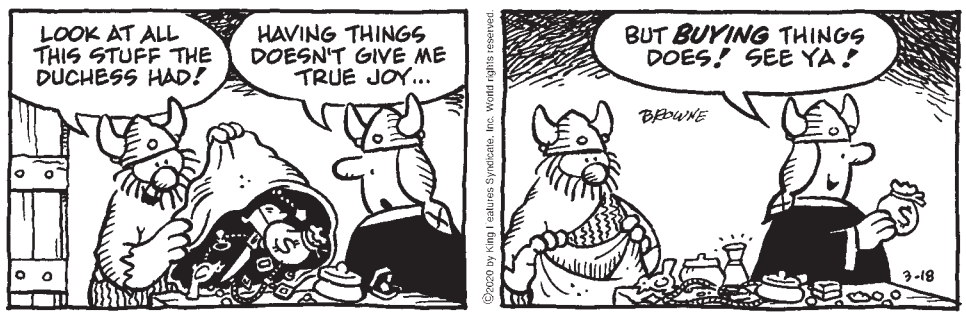
MOM, CAN I HAVE A SLEEPOVER WITH MY FRIEND BROOKLYNN THIS WEEKEND?
SURE!
BABYBLUES.com
BWAA-HA-HAAAA...
©2020, BABY BLUES BROS. LLC
AND CAN HAMMIE BE STUFFED IN A CAGE UNTIL IT'S OVER?
SORRY, HE'S PART OF THE PACKAGE.

CURTIS

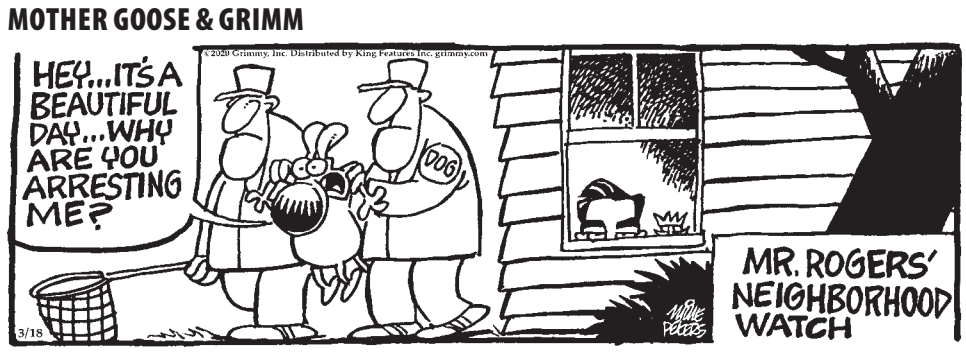

THIS IS A REALLY FINE BOOK REPORT, MR. WILKINS
I HOPE YOU KEEP YOUR WORD, MRS. NELSON
WHAT "WORD"?
YOU SAID IF I GOT A HIGH MARK ON THIS BOOK REPORT YOU'D EXEMPT ME FROM FUTURE REPORTS, DON'TCHA REMEMBER?
3-18
I COULDN'T TRY THAT WITH MY EYES OPEN!
BYRON MCCLEAN

ZITS

HAGAR THE HORRIBLE



MOTHER GOOSE & GRIMM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HEY...IT'S A BEAUTIFUL DAY...WHY ARE YOU ARRESTING ME?
DOG
MR. ROGERS' NEIGHBORHOOD WATCH
3/18
MAURIE PEERS

MUTTS

MOOCH, HOW DO THESE FLOWERS PUSH UP THROUGH THE HARD GROUND EVERY SPRING?
THAT'S EASY.
THEY PUT THE PETAL TO THE METTLE!
mutts.com www.kingfeatures.com
3-18

SALLY FORTH

WHY...WHY ARE YOU LOOKING FOR JOBS IN OTHER STATES, MOM?
FAYE...
THESE ARE JOBS YOU CAN TELECOMMUTE TO, RIGHT? OR VISIT THE OFFICE EVERY SIX MONTHS OR SO?
FAYE...
3-18
JUST TELL ME THERE'S A TRANSPORTER SOMEWHERE IN THIS HOUSE SO WE DON'T HAVE TO MOVE!
SWEETIE, LISTEN...

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Jason Mitchell
@HPJasonMitchell

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The Herald-Palladium

Checks to Americans will ease coronavirus slump

But it may not be much of an economic stimulus

By DON LEE
Los Angeles Times (TNS)

WASHINGTON — President Donald Trump's proposal to send checks to virtually every American adult would probably be a godsend to millions of lower-income households threatened by nationwide shutdowns and social distancing in response to the coronavirus.

The lump-sum payments, the exact size of which has yet to be determined, are a key element in the administration's latest effort to offset the cascading economic damage triggered by the pandemic.

Treasury Secretary Steven T. Mnuchin, who was in Capitol Hill discussing the proposal with lawmakers, said that the White House plan was to send the checks in the next two weeks.

Economists said that based on the $250 billion cost of the program, that would translate to about $1,000 per person if every American over 18 got a payment.

"It's certainly a beginning. It's necessary. It's vitally important to put money into pockets of people who are likely to spend it," said Robert Reich, the former labor secretary in the Clinton administration and a public policy professor at the University of California, Berkeley. "The more people who have this kind of economic security, the better off all of us would be."

But it remains to be seen if the proposed payments provide much immediate stimulus to an economy paralyzed by the health crisis.

The federal government has sent checks to Americans before. In 2008, individual taxpayers received up to $600, and married couples up to $1,200, in a $168 billion tax-rebate program by the Bush administration to battle the economic downturn.

Research has shown that such direct payments are spent quickly, especially by households with little savings and wealth, and thus can be effective in giving a short-term lift to the broader economy. This time there's likely to be less bang for buck.

That's because large portions of the American economy have been shut down, so they're effectively cut off from greater consumer spending power.

Also, following the advice of public health experts, many Americans are practicing social distancing: They are not going out to mingle in bars and restaurants and shopping malls.

And middle-class and upper-income people would be even more prone to sock away the money.

"You're not going to make people travel more. You're not going to make them go to restaurants and things like that. Maybe on the margins, people will do more takeout and do more groceries," said Marc Goldwein, senior policy director for the nonpartisan Committee for a Responsible Federal Budget.

Harvard economist Greg Mankiw, who served as an adviser to President George W. Bush, endorsed the idea of $1,000 check to every American. But he said the cash disbursement should be seen as "social insurance" rather than stimulus aimed at boosting demand.

Kevin Dietsch / Pool / Abaca Press / TNS

Treasury Secretary Steven Mnuchin delivers remarks alongside President Donald Trump during a briefing on the coronavirus COVID-19 pandemic in the Brady Press Briefing Room at the White House on Tuesday in Washington.

Although wages for lower-income workers have been growing faster in the last couple of years as unemployment has fallen, many of them – and middle-class households also – live paycheck to paycheck.

A Federal Reserve report last year said that about 4 out of 10 Americans would have trouble covering a $400 emergency expense.

Trump had been pushing hard for a payroll tax holiday instead of direct payments, but after a cool reception from lawmakers from both parties, he acknowledged Tuesday that that may not be the best way.

A payroll tax holiday would only help people with jobs, and those who earn more would get a bigger benefit. What's more, it wouldn't be a lump sum, but a savings that workers would see with each paycheck.

"It does come over a period of months, many months, and we want to do something faster than that," Trump said at a White House news briefing Tuesday with the coronavirus task force. "We're going to something that gets money to them as quickly as possible."

Mnuchin, standing at Trump's side, declined to say whether income restrictions would be applied to the cash payment program. But he said: "I think it's clear we don't need to send people who make a million dollars checks."

The cash distribution plan is part of an overall $1 trillion package proposed by the White House in response to the virus outbreak. The plan also includes a three-month tax deferral, loans for small businesses and aid for hard-hit airlines.

The idea of sending checks to every American had the backing of some prominent economists, liberal and conservative, and lawmakers including Sen. Mitt Romney, R-Utah.

"It does seem that these can be effective," said Randall Kroszner, a former Federal Reserve governor who is a professor at the University of Chicago Booth School of Business.

But, he said, "if such a program is done, it has to get the money out super quickly. That is the key thing for people who are strained and have few assets."

Many people are already seeing their incomes cut as their work hours are slashed or are told simply to stay home. Workers most at risk include millions in the leisure and hospitality industries, transportation services and the energy sector.

Marriott, the world's largest hotel company, said it is expecting to furlough tens of thousands of employees as it temporarily closes hotels around the world.

The waves of business closures, especially in the food, entertainment and travel industries, will not necessarily provide continuation of wages for those employed in the affected sectors of the economy.

Paid sick leave is by no means universal in the United States, though a form of such assistance is included in the coronavirus relief bill approved by the House and supported by Trump.

"Because so many Americans have little or no emergency savings, cash payments can help keep food on the table and bill collectors at bay for those workers in the service industry," said Jack Gillis, executive director at the Consumer Federation of America.

Reich, the Berkeley economist, said he was worried whether the cash payments would be enough "for people who are laid off, have to meet rent payments, buy food and keep their family afloat."

He recommended $1,000 for every adult and $500 for every child, and to keep it going monthly depending on the duration of the health crisis.

In addition to helping those who are most vulnerable financially, such payments would probably still help bring a quicker recovery from what many economists now consider the near certainty of a recession.

Although Mnuchin said the plan was to send checks in two weeks, it's unclear whether government could move that quickly. Mnuchin said he would be discussing details with Congress on how the program would work.

One way it could be done is to send checks to everyone with a Social Security number and then have those who exceed income thresholds essentially pay that back when they're filing taxes next year, Goldwein said.

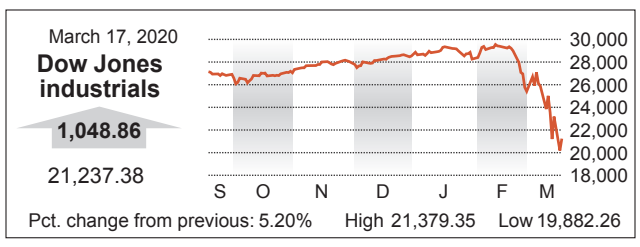
He said it would provide some stimulus in that it "would help people that would have their spending go down close to zero."

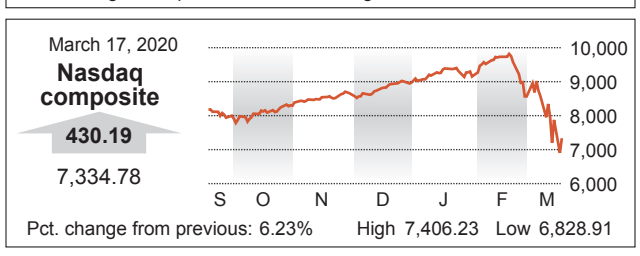
But the overriding goal, he said, is for it to help stabilize the economy.

"Recovery could take a long time if after everything goes back to normal healthwise, nobody has money. And so, this can help make the recovery a lot faster," Goldwein said.

"We know we're in for a period of severe economic pain, and some of that is by design because that's the only way to solve this public health issue. But we want to know that when we get through this issue, we can come out the other end."

MARKETS





Amer Elec Power AEP
$91.20 **+4.73 +5.5%**
▼ **4-wk.** -12.6% ▼ **YTD** -3.5%

Whirlpool WHR
$97.37 **-18.06 -15.6%**
▼ **4-wk.** -34.2% ▼ **YTD** -34.0%

LocalStocks

NAME	TICKER	52-WK RANGE LO	HI	CLOSE	CHG	%CHG	WK	MO	QTR
AT&T Inc	T	30.05	39.70	33.74	+1.93	+6.1	▼	▼	▼
AEP	AEP	73.53	104.97	91.20	+9.54	+11.7	▲	▼	▼
Apple Inc	AAPL	170.27	327.85	252.86	+10.65	+4.4	▼	▼	▼
AutoZone	AZO	840.91	1274.41	913.92	+62.59	+7.4	▼	▼	▼
BP PLC	BP	18.60	45.38	18.84	...	...	▼	▼	▼
CMS Eng	CMS	53.55	69.12	64.82	+7.87	+13.8	▲	▼	▲
CocaCola	KO	41.17	60.07	47.18	+1.92	+4.2	▼	▼	▼
Comcast	CMCSA	34.44	47.74	38.22	+2.18	+6.0	▼	▼	▼
Deere	DE	119.84	180.48	126.71	+6.66	+5.5	▼	▼	▼
Disney	DIS	90.00	153.41	93.53	-1.48	-1.6	▼	▼	▼
DollarTree	DLTR	66.85	119.71	76.45	+9.43	+14.1	▲	▼	▼
ExxonMbl	XOM	33.25	83.49	36.81	+2.32	+6.7	▼	▼	▼
FifthThird	FITB	13.71	31.64	13.95	+.16	+1.2	▼	▼	▼
1stSource	SRCE	28.06	53.42	31.91	+2.03	+6.8	▼	▼	▼
FordM	F	5.00	10.56	5.01	...	...	▼	▼	▼
GenElec	GE	6.65	13.26	7.08	+.42	+6.3	▼	▼	▼
HomeDp	HD	163.11	247.12	173.64	+8.68	+5.3	▼	▼	▼
HorizBcp	HBNC	9.66	19.48	10.47	+.80	+8.3	▼	▼	▼
HuntBncsh	HBAN	7.75	15.63	8.37	+.09	+1.1	▼	▼	▼
IDEX	IEX	115.01	178.14	125.96	+10.26	+8.9	▼	▼	▼
IBM	IBM	95.00	158.75	106.65	+7.57	+7.6	▼	▼	▼
JPMorgCh	JPM	84.55	141.10	93.76	+5.40	+6.1	▼	▼	▼
JohnJn	JNJ	122.43	154.50	136.59	+9.46	+7.4	▲	▼	▼
Lowes	LOW	71.18	126.73	73.79	+1.20	+1.7	▼	▼	▼
McDnlds	MCD	147.63	221.93	147.62	-1.39	-0.9	▼	▼	▼
Microsoft	MSFT	115.52	190.70	146.57	+11.15	+8.2	▼	▼	▼
MillerHer	MLHR	19.24	49.88	16.66	-2.83	-14.5	▼	▼	▼
Penney	JCP	0.36	1.59	.51	-.02	-4.1	▼	▼	▼
Perrigo	PRGO	40.17	63.86	49.63	+4.08	+9.0	▲	▼	▼
Pfizer	PFE	29.65	44.56	32.16	+1.98	+6.6	▼	▼	▼
ProctGam	PG	101.00	128.09	118.24	+9.74	+9.0	▲	▼	▼
RepubSvc	RSG	75.68	100.91	81.64	+5.52	+7.3	▼	▼	▼
Steelcse	SCS	10.15	23.02	9.54	-.82	-7.9	▼	▼	▼
Stryker	SYK	138.24	226.30	140.16	-3.67	-2.6	▼	▼	▼
TCF Finl	TCF	21.75	47.46	24.10	+1.79	+8.0	▼	▼	▼
Target	TGT	70.03	130.24	103.63	+9.84	+10.5	▲	▼	▼
TractSupp	TSCO	66.87	114.25	70.58	+3.22	+4.8	▼	▼	▼
UPS B	UPS	82.00	125.31	96.79	+9.73	+11.2	▲	▼	▼
VerizonCm	VZ	49.02	62.22	54.31	+3.32	+6.5	▲	▼	▼
WEC Engy	WEC	75.88	105.64	102.46	+9.78	+10.6	▲	▼	▲
WalMart	WMT	96.53	125.38	119.26	+12.50	+11.7	▲	▼	▲
WalgBoots	WBA	40.52	64.50	49.60	+4.52	+10.0	▲	▼	▼
Wendys Co	WEN	12.34	24.04	10.50	-1.85	-15.0	▼	▼	▼
Whrlpl	WHR	92.14	163.64	97.37	+4.58	+4.9	▼	▼	▼
Worthgtn	WOR	20.51	44.69	23.71	+2.86	+13.7	▼	▼	▼
XPO Logis	XPO	47.46	100.18	60.16	+5.29	+9.6	▼	▼	▼

U.S. life with COVID-19: A state-by-state patchwork of rules

By CLAIRE GALOFARO
AP National Writer

As the nation struggles to reconcile itself to a new and spreading peril, it also struggles with a patchwork of rules that vary dizzyingly from place to place: For now, your life and lockdown in the shadow of COVID-19 depends on where you live.

In some places, many ordinary Americans are making public health choices, searching their own conscience and deciding for themselves what risk they're willing to endure. In others, government has made at least some of those decisions.

Ohio canceled its presidential primary to avoid crowds, but the polls opened Tuesday morning in Florida, Illinois and Arizona. Bars in some states prepared for hordes of St. Patrick's Day revelers, while elsewhere others are stacking the stools up on tables and locking the doors.

Casinos in some states have shut down, yet others remain open, where hundreds or even thousands of people touch the same slot machines and gambling chips. Spring breakers are partying by the hundreds on some beaches, while police are sweeping others, ordering people away through loud speakers.

The federal government on Monday urged Americans not to gather in groups of 10 or more and asked older people to stay home, as the number of infections in the U.S. climbed to more than 4,500, with at least 88 deaths. But hard rules have been left up to the states, creating what New York Gov. Andrew Cuomo derided as a "hodgepodge."

Jennifer Dykstra, the owner of a restaurant called Kitchen House in rural Michigan, cried all weekend, paralyzed to choose which prospect seemed more terrifying.

She could close her restaurant, potentially putting herself out of business and rendering her 25 employees unemployed. Or she could stay open, risking their health and that of their customers, many of them old friends and regulars, who'd suddenly stopped shaking hands on their way in and started instead making nervous jokes about preferring tables in the virus-free section.

Charles Rex Arbogast / AP

Chicago residents line up for early voting at the Roden Library on Monday in Chicago.

"It's been lurking in the room, weighing heavily on us: what is the right answer, what is the right thing to do?" she said. Then Michigan announced Monday afternoon that all bars and restaurants must close to dine-in customers: "I'm relieved that the decision was made for us," Dykstra said.

Even as some states made stunning announcements – 7 million people in the San Francisco area were put on a near-total lock-down – life carried on in others.

Jade Noble looked out from behind her Phoenix bar, Linger Longer Lounge, packed with people. They were mostly young, but she imagined them all going home to older, more vulnerable relatives and neighbors. She watched one person walk up to the water cooler and put the mouth of their bottle right up to the spigot.

"We need less people in here," she thought this weekend. She considered the guidance from the Centers for Disease Control, begging people to stay away from each other to flatten the curve – the exponential spread of the virus. "We need to take ourselves out of that equation," she decided. So the Linger Longer Lounge closed its doors, despite no mandate from the state or city.

In Oklahoma, Scott Wagoner, the co-owner of a furniture store in Oklahoma City, also decided to shut down his store, despite not being ordered by the state to do so. Most of his employees, he said, are parents and grandparents, and he felt they could do their part to stop the spread.

"It's a very tough decision, people's lives and livelihoods are at stake," said Gareth O'Sullivan, who owns a pub called Mac McGee in Decatur, Georgia, also among the states that has not yet instituted a statewide rule.

Mac McGee has been awaiting word from authorities. In the meantime, tables and bar stools have been spread 6 feet apart. Employees are wearing gloves and obsessively sanitizing every surface. But as the death toll ticked up and warnings became more dire, O'Sullivan began to feel like some parts of this were totally out of his control. The crowd is starting to thin, he said, as reality sank in.

If the government doesn't weigh in soon, he'll probably close on his own. The stress, he said, is becoming too much to bear.

While Ohio postponed its election, other states were opening the polls, with an assortment of methods to try keeping voters safe.

Officials in Cook County, Illinois, encourage poll workers to use blue painter's tape to mark the floor every six feet so voters can keep their distance while waiting in line. In Florida, Orange County Election Supervisor Bill Cowles said voters are being allowed to bring wipes to clean their voting booths, face masks and their own pens to mark their ballots. Poll workers have been given supplies to wipe down counters.

Nick Campbell, went with his wife and their 11-year-old daughter to vote in the Tampa suburb of Riverview, armed with masks and gloves. But when they saw there were no other voters, they opted to don only the gloves. They were in and out within minutes.

"I didn't touch anything. It was a very sterile operation," he said.

But others chose to stay away.

Jonathan Castoire, a Broward County telecommunications engineer, said he couldn't vote Tuesday because he has multiple sclerosis and his voting station is in a senior center. He felt that would be too dangerous. He said he feels like he has been given "an ultimatum" to choose between his health and his right to vote. "That's not right," he said.

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LEGALS

LEGALS

CHIKAMING TOWNSHIP PLANNING COMMISSION NOTICE OF PUBLIC HEARING
Hearing Date: APRIL 1, 2020

The Chikaming Township Planning Commission will hold a Public Hearing on Wednesday, April 1, 2020, beginning at 6:30 p.m. in the Chikaming Township Center Meeting Room, 13535 Red Arrow Highway, Harbert, Michigan 49115.
6:30 P.M.-Sawyer Investments II LLC, 5896 Sawyer Road, Sawyer, MI 49125, Property Code No. 11-07-0011-0049-01-1 is requesting Site Plan approval per Section 17.02B(1) of Chikaming Township Zoning Ordinance No. 144, which allows an event hall as a Recreation-Indoor use in a C-S-Commercial District. If the site plan review to renovate an existing warehouse into an event hall is approved the applicant will then apply for a Special Land Use Permit to allow the change of land use in a C-S-Commercial District
6:45 P.M.-Per Chikaming Township Zoning Ordinance No. 144, Section 17.05 a request has been received by property owner, Chikaming Township, to rezone a vacant property on Three Oaks Road, identified as Property Code #11-07-0014-0015-02-1, from R-Recreational to AG- Agriculture.
Copies of the complete files are available at the Chikaming Township Clerks Office and may be viewed Monday through Friday from 9:00 a.m. until 4:00 p.m. You may attend the hearing in person or by representative and ask to be heard or you may send written comments via USPS or email to buildingdept@chikamingtownship.org. Correspondence must be received by 4:30 p.m. on Friday, March 27, 2020.
Persons requiring reasonable accommodations to disabilities in order that meetings are accessible to them are requested to notify the Township Clerk at 1-269-469-1676 no later than 5 business days prior to the date of the meeting of such disability.

ANNOUNCEMENTS

SPECIAL NOTICE

It's Time to retire!
Catch-Um Lake Bait Shop, fishing ponds and campground will not re-open on April 1st, and will remain closed. Thank you to all my customers for your business and loyalty for the past 35 years.

CARD OF THANKS

Cody Keller and family would like extend their gratitude and appreciation to the many businesses that helped with donations as well as the many individuals that donated items, and/or helped with the event. Then benefit dinner for Cody Keller was a great success and shows how a community call pull together.

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Michigan City

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New Buffalo, MI
Oselka Marina in New Buffalo, MI is looking for a full time worker. Job would entail helping with launching boats in the Spring, hauling boats out in the Fall. Summer would be a variety of jobs, including but not limited to, our Valet Program, Rental Program, Gas dock and other light maintenance duties.
Any experience with driving boats and operating fork trucks would be a bonus. You would need to be available to work weekends and holidays during the Summer. We offer benefits to full time employees. If you are serious in joining our team please send your resume to Mark@oselkamarina.com
or call Carla at 269-469-2601.

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$20/Hour - Crew Leaders
$14/Hour - Helpers
Driver's License Required
Sensationalhottubs@att.net

PEOPLE SEEKING EMPLOYMENT

New Buffalo, MI
Oselka Marina in New Buffalo, MI is looking for a mechanic.
If interested and for more details please send resume to Mark@oselkamarina.com
or call Carla at 269-469-2601

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Go to medallionmgmt.com for benefits and apply. Call 269-427-7809 for questions.

Benton Harbor, MI
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Interested applicants should contact Dale at 269-930-2313.

FINANCIAL

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Circle R Farm of Wanatah, IN Bid Board Show Pig Sale, Friday, March 20, 2020.
Call or text 219-309-0558 for information.

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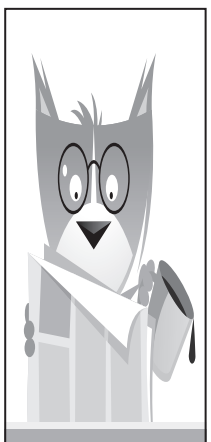

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49085-0128

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The Herald-Palladium
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If the advertiser is among the names you don't want to contact, we will destroy your sealed letter.

E-Mail Responses
You may also reply to ads with Herald-Palladium box numbers by e-mail. Do not attach your resume rather type it or copy & paste it directly into your e-mail program. Send your e-mail to: jobs@heraldpalladium.com

If you wish to reply to a box number and NOT have your letter sent to certain firms, then begin your e-mail with any company(s) where you do not wish to apply. Then include the Herald-Palladium box address as shown above.

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To protect our readers, Herald-Palladium policy requires that all companies list their names when placing ads in our publication. Employment advertisers who wish to remain anonymous must rent Herald-Palladium boxes so that we can insure our readers that they are not responding to their current employers or any other company to which they do not wish to apply.

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Boxes are reserved for 30 days after last day of ad publication. The charge is:
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The Herald-Palladium

Layout Assistant

Duties will include, but are not limited to advertising placement in multiple publications, assisting with the coordination of layouts, classified pagination and page production throughout the company.

Must have good computer skills and work at a quick pace. Experience with word processing, spreadsheets and InDesign necessary.

Minimum requirement is a high school diploma but some college is preferred.

This is a full-time position. Shift is roughly 11am-7pm, Monday - Friday, subject to change.

E-mail your resumé to
dwiseman@myadproofs.com
or stop in to fill out an application at:

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HOROSCOPE

By EUGENIA LAST

WEDNESDAY, MARCH 18

Times are changing, and you must think about changing with them. Stay in the loop and make yourself available for meetings, decisions and general strategizing. Don't wait for things to happen; take charge.

PISCES (Feb. 20-March 20) Use the element of surprise when launching your plans, and you'll have a more significant impact on the people you are trying to impress or persuade to join your cause.

ARIES (March 21-April 19) Control will be required if you want to get things done. Refuse to let anyone back you into a corner or dump responsibilities that don't belong to you in your lap.

TAURUS (April 20-May 20) A new idea, plan or hobby will encourage you to change your routine. Be open to suggestions and willing to collaborate and make personal improvements that boost your confidence.

GEMINI (May 21-June 20) Try something new because it's what you want, not because someone else is pressuring you to do so. You'll make a bad choice if you act on an assumption. Listen and observe.

CANCER (June 21-July 22) Focus on friendship, family and the things you enjoy doing most. Use your creative talents. Stick to the truth when it comes to expressing your feelings. Don't mislead someone.

LEO (July 23-Aug. 22) When in doubt, sit tight. Time is on your side. A snap decision will cause more confusion and uncertainty. Rethink your strategy and make a personal adjustment.

VIRGO (Aug. 23-Sept. 22) You'll have an eye-opening experience. A change of heart will help you make a clear-cut decision that will improve your life. Don't worry about what might happen. Do something that lowers your stress.

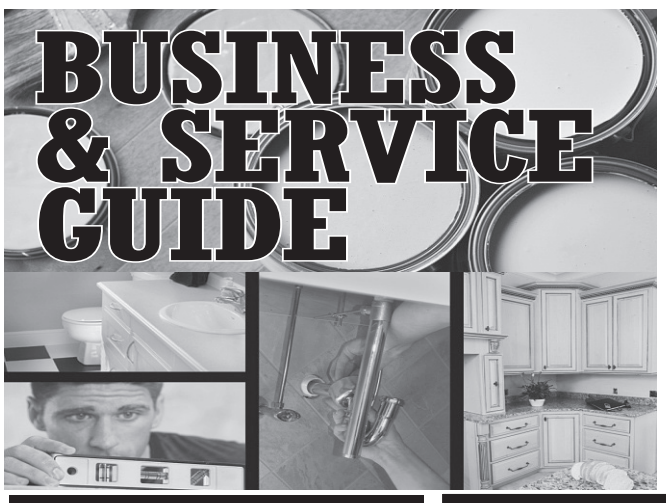
LIBRA (Sept. 23-Oct. 23) Acceptance is in your best interest. Once you know where you stand, you will be able to make headway. Short trips, business meetings and conferences will be entertaining and informative.

SCORPIO (Oct. 24-Nov. 22) If you share your thoughts and see who is interested in the same things you are, you will be able to bring about a positive change. Romance is in the stars.

SAGITTARIUS (Nov. 23-Dec. 21) Flush out any problems before you present what you want to pursue. If you underestimate the extent of a job, you will face criticism. Someone you least expect will lead you astray.

CAPRICORN (Dec. 22-Jan. 19) Take control and follow your heart. A personal change will give you an excellent opportunity to explore new territory. Share your feelings with a loved one. Romance is featured.

AQUARIUS (Jan. 20-Feb. 19) You may crave adventure and greater diversity in your life, but first you have to take care of business and make sure everything is stable and secure. Be prepared to commit.



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hp FOOD

Chuck wagon recipes from Kent and Shannon Rollins

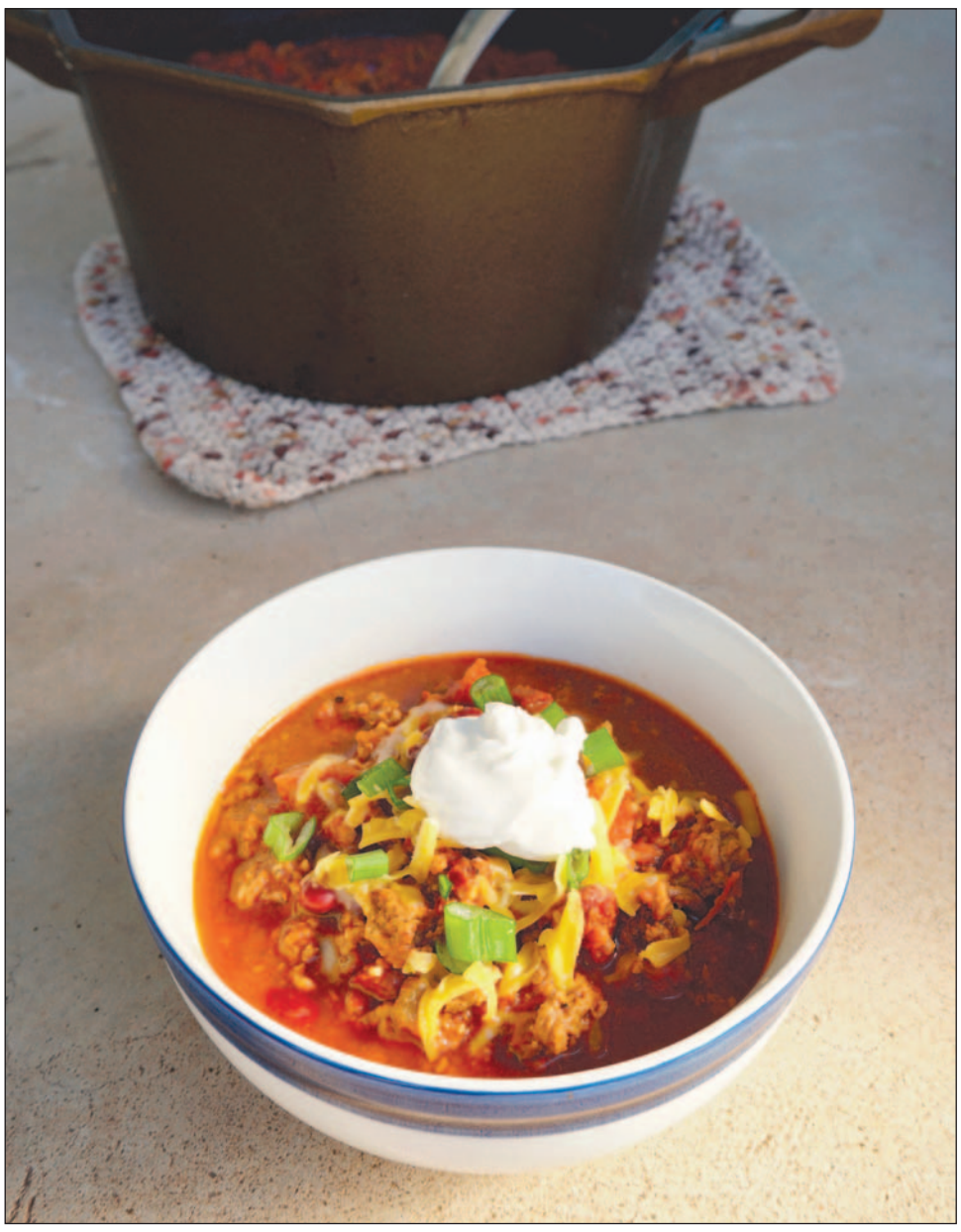

Photo provided / Shannon Rollins

Prize-Winning Cowboy Chili is featured in "Faith, Family & the Feast: Recipes to Feed Your Crew from the Grill, Garden and Iron Skillet."

Photo provided / Shannon Rollins

'Naner Pudding is featured in "Faith, Family & the Feast: Recipes to Feed Your Crew from the Grill, Garden and Iron Skillet."

'My mother always told me to put your heart into whatever you do," Kent Rollins tells me over the phone.

For Rollins that came to mean cooking on the range using cast iron cookware, utensils, food and his 35-year-old, 385-pound cast iron wood stove, Bertha, all carted around in an 1876 Studebaker chuck wagon – sometimes pulled by horses.

Jane Ammeson

"Studebaker was the Cadillac of wagons," Rollins says. "It was made in Indiana, President Lincoln requested one. Studebaker was the only one of the wagon makers that made the successful transfer to automobiles. You could order from their catalog book; they were one of the few companies that had chuck wagons rather than buying a wagon and having it customized."

I didn't know any of that, and Studebaker's headquarters was just across the state line in South Bend. I was talking to Rollins, who with his wife, Shannon, have millions of viewers on their YouTube cooking show, and have just released their latest cookbook "Faith, Family & the Feast: Recipes to Feed Your Crew from the Grill, Garden and Iron Skillet."

Having grown up watching Westerns on TV, chuck wagon cooking has always fascinated me. Rollins has been doing it since 1991, so I ask what it's like.

"It is hard work," he says, noting that they spent 292 days on the road in one of their busiest years, but have cut back to about 10 weeks annually. "But it has great benefits – the places we get to see and the great people we meet."

Rollins is a folksy-style storyteller, and his anecdotes are part of the fun of the book. Writing about his prize-winning chili recipe, he says it is has won prizes, but it hasn't.

"However, we've gotten a ton of emails from folks who tell us they used this recipe at their local chili cook-off and won," he writes in the introduction to the recipe. "You can use any type of meat, whether it's ground beef or even wild game. A perfect blend of chili powder, cumin and oregano gives it a classic chili flavor, and the chipotle chiles take it to blue ribbon status. Beans or no beans is always the question. I do love a bean, and we add kidney beans for more heartiness, but that's you call."

Coming up with the recipes for the cookbook wasn't a problem. Rollins has plenty of them from decades of cooking. Quantifying them is a different story.

"I learned to cook from trial and error because there wasn't a recipe," he says. "I still don't measure. When people say how much is that, I say just enough."

Not to worry, there are measurements for all the recipes in the cookbook.

When Shannon Rollins, who shot the book's photos, suggested they include her family recipe for banana pudding, Rollins worried it wouldn't be up to Southern standards. After all, she's from Elko, a town in northern Nevada.

"I said, well, hold on honey, that's a southern dish, so it has to be perfect. When I tasted it, I told her, 'You're a southern lady now,'" he says.

I'm not sure I'll be going out on the Chisholm Trail like Shannon and Kent, but if it ever happens, I'll know what to cook.

The following recipes are from "Faith, Family & the Feast."

Prize-Winning Cowboy Chili

Makes 6 to 8 servings.

1 pound ground beef or chuck, cut into bite-sized chunks
Salt and pepper
1 large yellow onion, chopped
2 (10-ounce) cans Ro-Tel diced tomatoes and green chiles, drained
1 (15-ounce) can tomato sauce
1 (16-ounce) can kidney beans, drained
3 or 4 chipotle chiles in adobo sauce, chopped
1/3 cup chili powder
1 tablespoon minced garlic
2 teaspoons dried oregano
2 teaspoons paprika or smoked paprika
1/2 teaspoon ground cumin
Shredded cheddar cheese, sour cream and chopped green onions, for serving

In a large pot or 12-inch Dutch oven, brown the meat over medium-high heat, breaking up the chopped beef or turning the cubes of chuck, 8 to 10 minutes. As the meat begins to brown, season with salt and pepper to taste. Stir in the onion, and continue cooking until the meat has fully browned and the onion is tender, 3 to 5 minutes. Drain the excess grease.

Stir in the Ro-Tel tomatoes and chiles, 1 Ro-Tel can of water, the tomato sauce, kidney beans and chipotle chiles, to taste. Stir in 2 teaspoons salt and the remaining seasonings.

Cover and bring to a boil for 5 minutes. Reduce the heat and simmer, stirring occasionally, for about 40 minutes, to let the flavors blend. Serve warm, topped with cheese, sour cream and green onions, if desired.

Cast-Iron Tip: Acidic foods, such as tomatoes or barbecue sauces, are harsh on cast iron, but you can cook them in it. Just be sure to clean it well and preseasons it after every use.

Cowboy-Style Philly Cheesesteaks

Makes 6 servings.

Lime juice
2 1/2 to 3 pounds skirt or flank steak
2 tablespoons meat tenderizer
Salt and pepper
2 bell peppers (1 green, 1 red)
1 large yellow onion
2 tablespoons butter, melted, plus more for the rolls
6 hoagie rolls
Cheese Sauce (see recipe below)

Rub lime juice on one side of the steak.

Sprinkle with 1 tablespoon of the meat tenderizer and rub it in, followed by salt and pepper.

Flip and repeat on the other side.

Cover and refrigerate for 4 hours; remove 30 minutes before grilling.

Meanwhile, clean, oil and heat the grill to medium-high. Cut the bell peppers into large pieces, removing the seeds and veins. Cut the onion into large slices.

Grill the veggies and steak until the steak is medium rare to medium and the vegetables are tender and slightly charred, 2 minutes per side for the steak and 2 to 3 minutes for the veggies. Press the veggies down slightly while grilling for more even cooking.

Remove from the heat and let cool enough to handle.

Chop the veggies and place them in a large cast-iron skillet with the butter. Chop the steak and stir it in with the veggies. Simmer over medium-low heat for about 10 minutes, stirring occasionally.

Butter the inside of the hoagie rolls, and grill them butter side down over medium heat until toasted.

Spoon the meat and veggies into the hoagies. Top with cheese sauce, and serve.

Cheese Sauce

Makes about 2 1/3 cups.

2 tablespoons butter
1/4 cup all-purpose flour
2 cups milk, plus more if needed
8 ounces provolone cheese
1 1/2 to 2 tablespoons prepared horseradish

In a medium saucepan, melt the butter over medium heat. Stir in the flour until smooth.

Stir in the milk, and cook, stirring frequently, until thickened to a creamy consistency, 3 to 5 minutes.

Tear the provolone into pieces, or cut into chunks, slowly add it to the mixture, and cook, stirring, until smooth and melted, 2 to 3 minutes.

Stir in the horseradish to taste.

If needed, slowly add more milk, about a tablespoon at a time, just until the cheese sauce is pourable. Pour over the cheesesteaks.

Loaded Tater Bombs

Makes 8 potato balls.

3 1/2 cups mashed potatoes
1/3 cup bacon bits
1/3 cup diced green onion
Salt and pepper
1/2 to 3/4 cup all-purpose flour, plus more for dusting
1/4 cup sour cream
1/3 cup shredded cheddar cheese
1 large egg, beaten
2 cups panko breadcrumbs
Peanut or canola oil, for frying

In a large bowl, stir the potatoes until smooth. Stir in the bacon bits and green onion. Season with salt and pepper, to taste.

Stir in enough flour so the potatoes hold together and aren't sticky. Reserve about 1/3 cup of the potatoes for coating the potato balls later. Flour your hands and roll the remaining mashed potatoes into 8 balls.

Form a deep well in the middle of each of the balls with your finger. Layer in a heaping teaspoon of the sour cream, followed by 1 to 2 teaspoons of the cheddar cheese.

Bring the outside edges of the potato balls together to seal at the top. Add some of the reserved 1/3 cup of potatoes to the top to seal, if needed.

Brush the balls with the egg and generously coat with the breadcrumbs.

In a large saucepan or Dutch oven, heat 3 to 4 inches of oil to 350 degrees.

Add a few of the potato balls at a time, and deep-fry, turning frequently, until golden brown, 3 to 4 minutes. Remove from the oil with a slotted spoon and let cool slightly on a wire rack. Serve hot.

'Naner Pudding

Makes about 8 servings.

1 1/2 cups heavy cream
1/2 cup sugar
1 cup milk
1 (5-ounce) package instant vanilla pudding mix
1 (14-ounce) can sweetened condensed milk
6 or 7 large ripe bananas
1 (11-ounce) box vanilla wafers

In a medium bowl, using an electric mixer, beat the cream and sugar until stiff. Cover and refrigerate.

In a large bowl, beat the milk, pudding mix and condensed milk until slightly thickened, about 5 minutes.

In a small bowl, mash 1 banana with a fork until smooth. Beat into the pudding mixture. Cover and refrigerate for about 20 minutes, or until it reaches a thick pudding consistency.

Meanwhile, thinly slice the remaining bananas.

Arrange half the vanilla wafers in an even layer in the bottom of a 9-by-13-inch baking pan.

Fold half the whipped cream into the pudding mixture. Evenly spoon the pudding mixture over the wafers, then layer with the sliced bananas and remaining whipped cream.

Crush the remaining wafers and sprinkle them on top. Cover and refrigerate for 20 minutes, or until you are ready to serve.

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Try these cauliflower tots from Freedman's 'Cauliflower Power'

By CHRIS ROSS
The San Diego Union-Tribune

Lindsay Grimes Freedman, a California-based food blogger, promotes the adaptability and health benefits of what she calls "the world's most versatile vegetable" in her first cookbook, "Cauliflower Power."

She covers everything from breakfast (Cauliflower French Toast), lunch (Cauliflower Falafel), happy hour (Vegan Queso) and dinner (Cauliflower Chili), plus an assortment of desserts that include the cruciferous veggie.

She says these "tots" are lower in carbs and calories than their potato cousins, plus they are packed with nutrients including vitamin C, fiber and antioxidants.

Cauliflower Tots

Makes 34 tots.

4 cups cauliflower florets
1 large egg
1/2 onion, grated
1 cup shredded Parmesan
1/4 cup shredded cheddar
1/4 cup blanched almond flour (see note)
Sea salt and freshly ground black pepper
Avocado oil cooking spray
Ketchup, for serving (optional)

Heat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper.

Bring an inch of water to a boil in a medium saucepan. Place the cauliflower in a steamer basket set over the boiling water. Cover and steam the florets for 5 minutes, until they're easily pierced with a fork.

Working in batches, place the steamed florets in the food processor and process for 10 seconds until they are completely chopped into a meal.

Transfer each batch of meal to a clean, thin dish towel or piece of cheesecloth. Continue to process the remaining florets. Once all the cauliflower meal is cool enough to handle, gather the corners of the towel and, working over the sink, squeeze out as much liquid as you can. Transfer the squeezed meal to a large bowl.

Add the egg, grated onion, Parmesan and cheddar cheeses, almond flour, and salt and pepper to taste to the bowl with the cauliflower. Use a rubber spatula to mix everything together. Allow the mixture to rest for 5 minutes so it can come together.

Spray the prepared baking sheet generously with cooking spray. Use your hands to form 34 small "tater" tots, about 1 inch long by 1/2 inch wide, placing them on the baking sheet about 1 inch apart. All the tots should fit on one pan, though you can work in batches if needed. Spray the tots generously with cooking spray.

Bake for about 20 minutes, until golden brown. Flip the tots and continue to cook for another 10 minutes, until they are browned all over.

While the tots are hot, sprinkle with additional salt and serve with ketchup, if desired.

Any leftover tots can be stored in an airtight container in the fridge for 10 days. To reheat, place the tots on a baking sheet and broil them on high for a couple of minutes until heated through and crispy on the outside.

Note: Blanched almond flour is finer than almond meal and has a lighter beige color because the almond skins aren't ground up with the nuts when processed. While almond meal can be great for recipes that aim for a hearty consistency, when baking, I tend to use blanched almond flour because it results in a lighter, smoother texture and a more traditional pastry color.